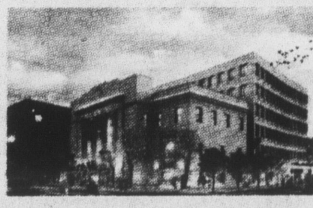


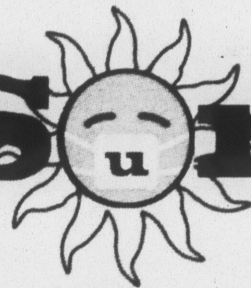


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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, January 14, 2021

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POLAR PLUNGERS - Friends (from left to right) Bridget Gilmartin, Claire McLeod and Emma March warm up after taking a quick dip Jan. 1 at Wollaston Beach as part of the inaugural North Quincy Polar Plunge. The event raised money for the family of Chris O'Connor, a beloved resident of Squantum who passed away unexpectedly last year. More photos on Page 19.
 Photo Courtesy Tracey Pierce Dooley

City Coping With COVID-19 Surge

By SCOTT JACKSON

Quincy is in the midst of new surge in coronavirus cases following the holiday season, Health Commissioner Ruth Jones said Monday, but there is light

at the end of the tunnel provided residents follow the appropriate steps to stop the spread of the virus.

Jones provided an update on COVID-19 cases in Quincy to the City Council

Monday night. Jones, a registered nurse who has served as the health commissioner since April 2019, plans to retire from the position this month but did not discuss

Cont'd On Page 25

Croall Resigning Ward 2 Council Seat Jan. 19

Council To Meet To Fill Vacancy Until Fall Election

By SCOTT JACKSON

Ward 2 Councillor Brad Croall on Monday announced he would be leaving the City Council next week to spend more time with his growing family and to focus his energy on "some other opportunities."

During Monday night's City Council meeting, Croall said he and his wife are expecting their third child and he wants to be able to spend more time at home. In light of that, he will leave the council following its meeting on Tuesday, Jan. 19.

"Through careful thought and consideration, and careful thought and consideration with my wife, I've come to the conclusion that I will be stepping down effective Jan. 19," Croall said.

Cont'd On Page 25

Time To Reconsider Sheriff's Role, McDermott Says

Quincy Democrat Takes Reigns As County's Highest Ranking Law Enforcement Official

By SCOTT JACKSON

It is time to reconsider the role the sheriff plays in Norfolk County, Patrick McDermott said shortly after being sworn in as the county's highest ranking law enforcement official.

The new sheriff said he wants to embrace being county's chief public safety officer and work to prevent crime while also addressing systemic racism.

McDermott, a Quincy Democrat, was officially sworn in as sheriff on Jan. 6 at an outdoor ceremony at the Norfolk County Correctional Center in Dedham. Patrick McDermott succeeds Republican Gerry McDermott, who he unseat-

ed in a November special election, as sheriff. The two McDermotts are not related.

In remarks delivered shortly after his inauguration, the new sheriff said it is time to rethink the role his office plays in Norfolk County.

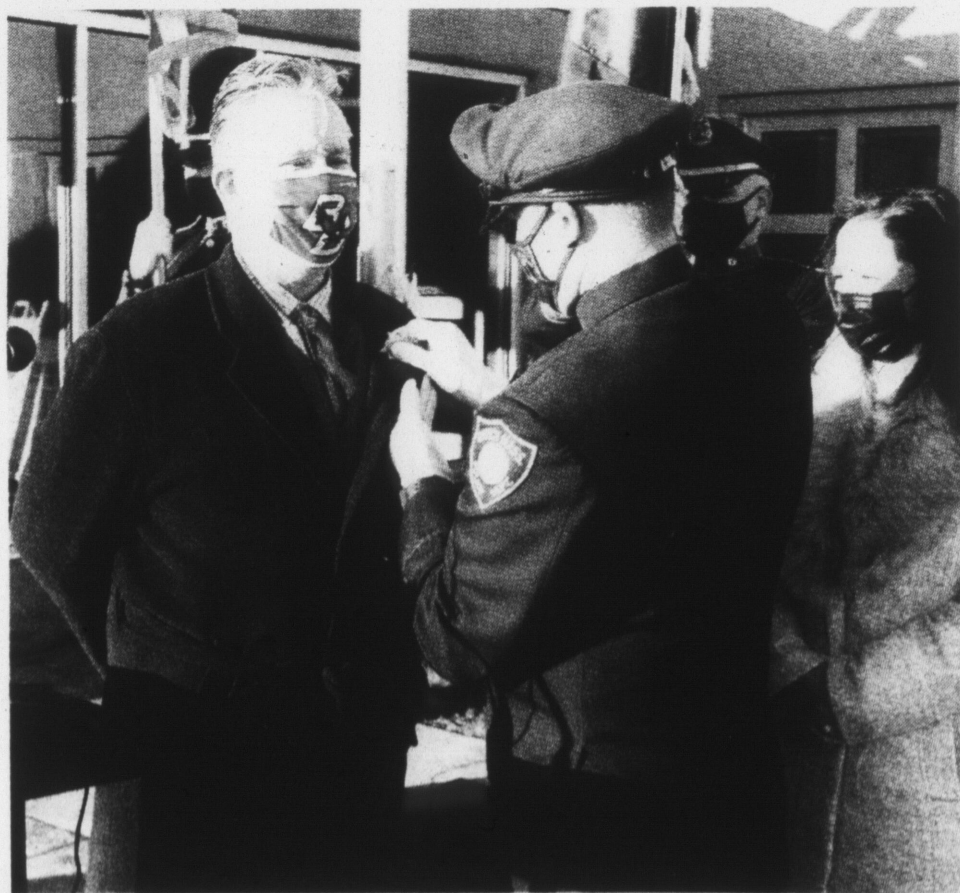
"As we look forward to a future of safety and prosperity in Norfolk County, it is time for us to reconsider what our expectations are for the role of the Norfolk County Sheriff's Office in serving the people of Norfolk County," McDermott said.

"I don't need to remind everyone that the past year

presented us with a number of challenges - from the ongoing threat of COVID-19 that has changed the way we live, work, and interact with others, to the economic uncertainty that has strained our budgets, to the incidents of violence that have led to much-needed but very difficult national conversations about systemic racism and the need for reforms. These challenges ask us to develop new ways of working together to strengthen our communities and make our county safer for everyone."

Amid the current climate, McDermott said he has an

Cont'd On Page 17



NEWLY MINTED Norfolk County Sheriff Patrick McDermott is pinned with his sheriff's badge by his brother, Quincy patrol officer Chris McDermott. Sheriff McDermott was sworn in as the county's highest ranking law enforcement officer by Dist. Atty. Michael Morrissey at an outdoor ceremony at the Norfolk County Correctional Center Jan. 6. Looking on at right is Sheriff McDermott's wife, Tracy Wilson.
 Courtesy Photo



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 Quincy Police Welcomes 5 New Officers - Page 10
 Over 60 Rally To End White Supremacy - Page 11

More Quincy news:
The Quincy Sun.com

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Transitioning To Indoor Aerobic Activities

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

This is the time of year that many of us make a transition from outdoor exercise to indoor exercise. Although outdoor aerobic activities are undoubtedly more interesting, there are several steps you can take to make indoor endurance exercise less boring and more beneficial.

In addition to watching television, listening to music, or reading the paper while you ride a stationary cycle, there are many programming factors that you can manipulate to make your exercise session more motivating. These include cross-training, circuit training, and interval training, all of which have significant advantages over standard, steady state exercise sessions.

Standard Steady State Exercise

Most aerobic exercisers follow a consistent pattern of training, generally known as steady state exercise. A typical steady state training session begins with a few minutes of the aerobic activity (cycling, running, etc.) at an easy effort level. This provides a specific warm-up for both the cardiovascular system and the muscles involved in the endurance exercise. The warm-up segment is usually followed by a 15 to 30-minute period of continuous moderate-effort exercise that elevates one's heart rate to approximately 75 percent of maximum. This is the steady state

component of the exercise session that provides the cardiovascular conditioning effect. The steady state training period is followed by a reduced-effort cool down segment, lasting about 3 to 5 minutes or until the heart rate is within 20 beats per minute of resting level.

Steady state endurance exercise is easy to implement and effective for increasing cardiovascular endurance. However, there are alternative aerobic activity protocols that offer a lower risk of overuse-injury and provide a greater cardiovascular training effect. Just as important, these are more interesting to perform, which makes the exercise sessions more beneficial psychologically as well as physiologically.

Cross Training

Cross training is an excellent training procedure that can be implemented at most fitness facilities, as well as at home, assuming you have the necessary exercise equipment. Rather than spending 30 minutes on a single exercise (cycle, treadmill, rower, etc.), you may simply perform three successive aerobic activities for 10 minutes each. For example, a cross-training session could consist of a few minutes of walking warm-up, followed by 10 minutes of treadmill jogging, then 10 minutes of stationary cycling, followed by 10 minutes of rowing exercise, and concluded with a few minutes of walking cool-down.

By changing the mode of exercise, you reduce the risk of muscle overuse and muscle imbalance injuries that often result from performing the same activity movement pattern every workout. Also, by using different muscle groups for different exercises, cumulative muscle fatigue is reduced, and the performance level may therefore be increased. The following aerobic activities may be interchanged in a variety of ways in a cross-training program: recumbent cycling; upright cycling; treadmill walking; treadmill jogging/running; rowing; elliptical training; stair climbing; and rope jumping.

Circuit Training

Circuit aerobic training is similar to cross training, but involves more systematic exercise selection and sequence, with much shorter activity segments. Successive exercises should emphasize different muscle groups so that some muscles are resting while others are working and vice-versa. Because successful circuit training requires relatively high effort levels throughout the workout, each exercise is performed for just 3 to 5 minutes at a time. Consider this sample circuit aerobic training program for a comprehensive half-hour endurance exercise session: walking warm-up (3 minutes); recumbent cycling (4 minutes); treadmill jogging (4 minutes); rowing (4 minutes); elliptical training (4

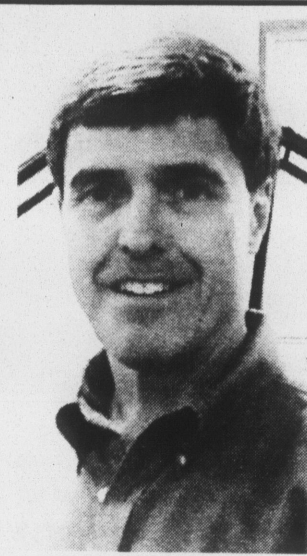
minutes); upright cycling (4 minutes); stair climbing (4 minutes); and walking cool-down (3 minutes). In addition to the physical benefits of performing 7 different endurance exercises, the brief training segments make circuit aerobic workouts more interesting from a mental perspective.

Interval Training

For me, most challenging and productive form of aerobic activity is interval training. Whether you are a beginning exerciser or an advanced athlete, interval training is the most effective means for improving your present level of cardiovascular fitness. Although you can apply interval training techniques to other aerobic activities, I will present a sample program for the exercise cycle. The basic principle of interval training is alternating periods of higher-effort exercise and lower-effort exercise. The higher-effort segments increase the training intensity and the lower-effort segments maintain the training duration for

an enhanced cardiovascular conditioning session. Interval training makes the workout more challenging physically and less monotonous mentally, as you definitely look forward to performing the lower-effort intervals between the higher-effort exercise bouts. Generally, the training intervals should be equal in length and not exceed 5 minutes in duration.

Let's say that you normally ride the stationary cycle at 50 watts for your 3-minute warm-up and cool-down segments, and at 100 watts for your 20-minute steady-state period. Do the same warm-up and cool-down protocol, but divide your steady state period into 7 intervals of 3 minutes each. Cycle your first, third, fifth and seventh 3-minute intervals at 125 watts (higher-effort training), and cycle your second, fourth and sixth 3-minute intervals at 75 watts (lower-effort training). You should see results after as little as 3 weeks of interval training, especially if you perform at least 2 interval training sessions per week.



WAYNE WESTCOTT

Indoor aerobic exercise may not be as exciting or enjoyable as outdoor aerobic activities, but you can certainly make indoor training sessions equally effective by incorporating cross-training, circuit training, or interval training protocols.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycolllege.edu.

QATV Free Winter Classes Start Jan. 19

Quincy Access Television (QATV) is offering residents a great opportunity to enroll in our Zoom classes for free. Class participants will learn some great new skills from the comfort of their home.

QATV hopes to pique your interest in its media center to find out all that it has to offer residents of Quincy. The concepts you'll learn in our virtual classes can be applied immediately, but they will provide you with a great foundation for our regular in-studio curriculum (post-pandemic), if you discover that producing

your own content is your niche. You will virtually meet the staff in class who will show you that Quincy Access TV is a fun learning experience.

QATV is mandated to provide residents with training, use of the equipment and airtime, giving you a voice where you can express your views, interests, and hobbies - whatever it is that you would like to convey to other residents of the city, the staff is here to assist you all the way.

The virtual classes will explore the medium of television, YouTube, and

use other social media platforms, all that provide access for you to submit/post your finished programs. Access television, like social media is flexible, in that your finished program can range from minutes to hours in length.

In these historic times QATV is excited to provide residents with the skills to capture their day-to-day life and successfully tell their story. Classes offered are in lighting, iPhone Camera, iMovie Editing, DaVinci Desktop Editing, Podcasting, How to Make a PSA and How to Make a Music Video. Class descriptions and schedules can be found at www.qatv.org/classes

Classes begin on Tuesday, Jan. 19, 6:30 p.m. Learn a new skill and join QATV for virtual classes.

You can register for class online, email Carol Themmen at cthemmen@qatv.org, or call at 617-376-1440.

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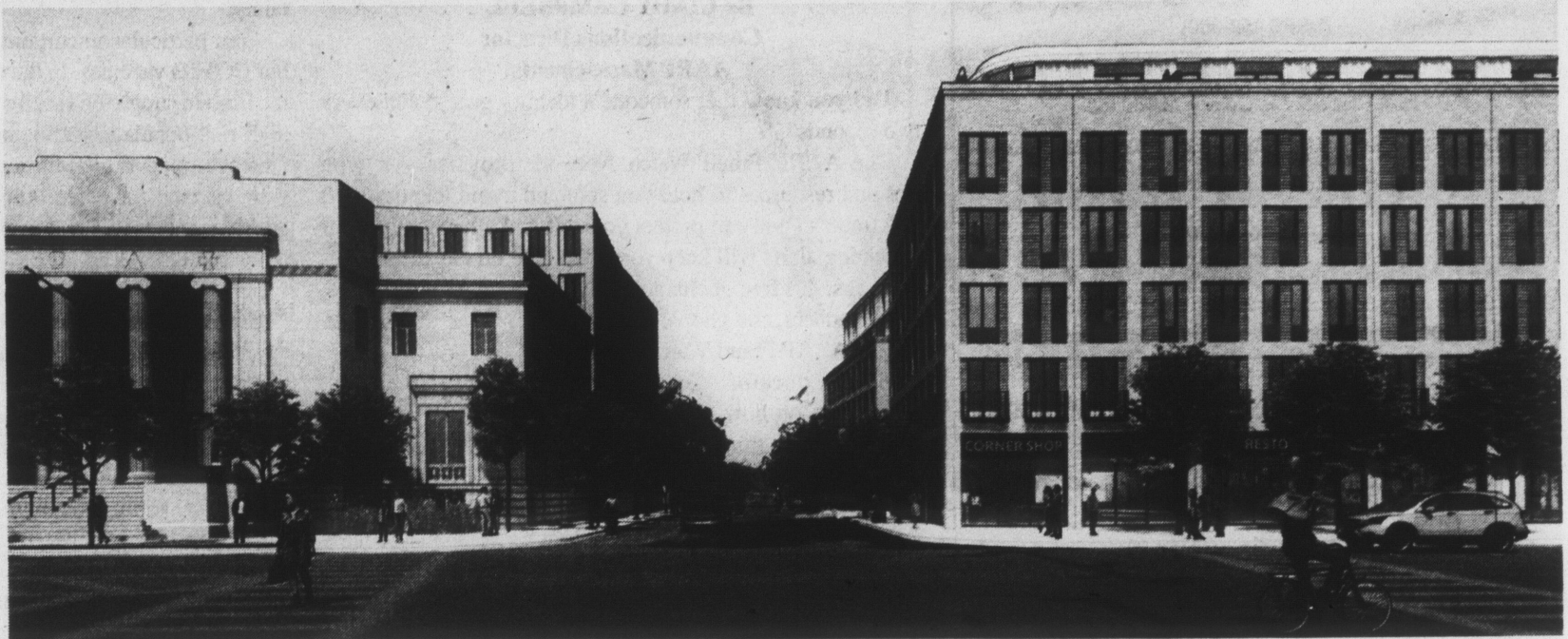
201 Apartments Proposed In Quincy Center

By SCOTT JACKSON

A Quincy-based developer plans to build 201 new apartments on Hancock Street in Quincy Center as part of a project that would also see the Masonic Temple converted into a restaurant.

FoxRock Properties was set to go before the Planning Board Wednesday to seek permission to undertake the project at 1170 and 1200 Hancock Street, two parcels it owns separated by Russell Park. The meeting will start at 5 p.m. and is being conducted via Zoom. The meeting ID is 884 0306 9243 and the phone number for those who wish to call in is 646-558-8656.

The developer would restore the two-story main entrance to the Masonic Temple building – the rear



FOXROCK has proposed constructing a 135-unit apartment building at 1200 Hancock St. (seen here at right). The site, currently home to Citizens Bank, sits across Russell Park from the Masonic Temple building, which would be renovated with a new addition added in the rear with 66 apartments. The company's plan also includes 234 new parking spaces.

portion of which was gutted by a four-alarm fire in 2013

– and create a six-story addition in the rear. The existing

part of the building would house an upscale restaurant,

FoxRock says, and 66 apartments would be located in

the new addition.

Cont'd On Page 10

State Will Offer Pooled Coronavirus Testing To Schools

By SCOTT JACKSON

Massachusetts officials will make new pooled coronavirus tests available to public schools statewide, which will allow for surveillance testing within school buildings.

Gov. Charlie Baker on Jan. 8 said the new testing program, which will be made available in the coming month, would let districts bring more students back into the classroom for in-person learning.

"Children, especially high needs children, have borne the brunt of this terrible virus as their lives, routines and educations have been upended," Baker said at a State House press conference. "Pooled testing will provide additional safeguards to stop the spread

and give students, parents, teachers and staff confidence that it is safe to be in schools, and this new testing will give school officials more knowledge about what is happening inside their buildings every day.

"There is no doubt the virus will be with us a for a while and while there is a light at the end of the tunnel associated with the roll out of vaccines, we can't wait for everybody to be vaccinated before our kids get back to school."

Marylou Sudders, the state's health and human services secretary, referred to the pooled tests as a "powerful new tool in our toolkit that didn't exist in the spring and was concept at best this summer."

"New pooled testing,

along with rapid point of care tests, the Abbott BinaxNOW, enable a shift to proactive surveillance testing models," she added.

The pooled testing pro-

gram would allow school districts and other publicly funded schools, including charters, to test students, teachers and staff on a weekly basis. It will be

available to those schools on a voluntary basis.

Sudders said once districts complete the onboarding process, they will receive the materials they

need to conduct the tests.

The tests will use short swabs that only go in the front part of the nose, Sudders explained, and are com-

Cont'd On Page 4

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In accordance with Governor Charles D. Baker's March 10, 2020 order suspending certain provisions of the Open Meeting Law, G.L. c. 30A § 20, a meeting of the Quincy Community Preservation Committee will take place via remote conferencing services on Thursday, Jan. 14th at 5:30 p.m. to conduct a public meeting to explain the upcoming 2021 application process as well as updates to the Community Preservation Committee's five-year plan.

Join Zoom Meeting – <https://us02web.zoom.us/j/81861318119?pwd=bHdtSS1BbWRXeHlZdmY4eTRKOHFNdz09>

Meeting ID: 818 6131 8119

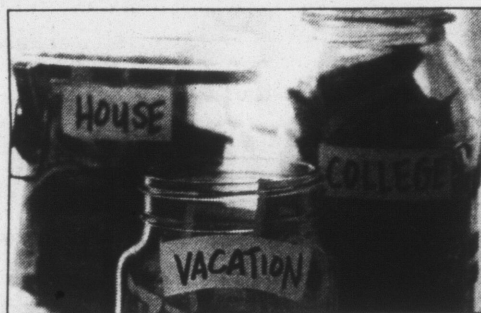
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Dial by your location: +1 312 626 6799 (Chicago) / +1 929 205 6099 (New York)

Passcode: 176199 (same Meeting ID as above)

Any questions can be directed to Kristen Powers, Administrator - Community Preservation at 617 376-1990 or kpowers@quincyma.gov

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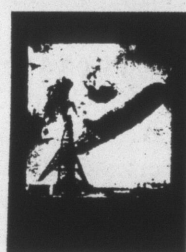
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Moments
in time

THE HISTORY CHANNEL

• On Jan. 25, 1776, the Continental Congress authorizes the first national Revolutionary War memorial in honor of Gen. Richard Montgomery, who had been killed during an assault on Quebec on Dec. 31, 1775, one of the first generals of the American Revolution to lose his life on the battlefield.

• On Jan. 30, 1835, Andrew Jackson becomes the first American president to experience an assassination attempt. Richard Lawrence, an unemployed house painter, shot at Jackson, but his gun misfired. A furious 67-year-old Jackson confronted his attacker, clubbing Lawrence several times with his walking cane.

• On Jan. 29, 1845, Edgar Allan Poe's famous poem "The Raven," beginning "Once upon a midnight dreary," is published in the New York Evening Mirror.

• On Jan. 28, 1855, the Panama Railway, which carried thousands of unruly gold miners to California via the dense jungles of Central America, dispatches its first train across the Isthmus of Panama. The Panama Canal would parallel the railway 50 years later.

• On Jan. 31, 1944, D-Day is postponed until June when several key leaders agreed that there would not be enough ships available by May. D-Day would later be postponed once more, by a single day due to high winds. Finally, on the morning of June 6, the long-awaited invasion of France began.

• On Jan. 27, 1965, the Shelby GT 350, a version of a Ford Mustang developed by American auto racer Carroll Shelby, is launched. The sports car featured a 306 horsepower V-8 engine and remained in production through the end of the 1960s.

• On Jan. 26, 1970, U.S. Navy Lt. Everett Alvarez Jr. spends his 2,000th day in captivity in Southeast Asia. First taken prisoner when his plane was shot down Aug. 5, 1964, during one of the first bombing raids over North Vietnam, he became the longest-held POW in U.S. history.

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Sir Albert Howard was a British botanist who became an agriculture advisor in Indore, India in 1905. He studied the cultivation methods of the local farmers, such as composting, that returned nutrients to the soil, and observed that healthy people, healthy animals and healthy food all benefited from the effects of recycling earth-based materials. His influential 1940 book, *An Agricultural Testament*, is a classic organic farming text and helped develop wide-spread adoption of organic agriculture techniques. - Brenda Weaver
Sources: foam.org, thevintagekitchen.com

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AARP Fraud Monthly Watch: January

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

• **An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

• **A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

• **A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

• **Free for Everyone:** Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1: THREE WORDS FOR 2021

The AARP Fraud Watch Network is dedicated to providing people with simple tips to keep them safe from scammers. In 2021 we've got three simple words to keep you protected: Stop, Think and Verify.

When you get an unexpected offer or alarming news over the phone or other device, stop and ask yourself, "Is this for real?" Next think about content of the message. Is it too good to be true? Do you have to act now? Is there a threat involved? If the answer is yes, you should end contact. If you are concerned the communication may have been valid, independently verify it. For example, if the caller claimed to be with the government, look up the agency's phone number (without relying on the results of a web search, as the numbers that result could connect you to a scammer) and inquire if there is an issue.

SCAM ALERT #2: COVID VACCINE SCAMS

If 2020 taught us anything it's that scammers follow the headlines. While we're all relieved to turn the calendar to 2021, the uncertainty that marked the last 12 months isn't going away any time soon. And scammers thrive on uncertainty.

State Will Offer Pooled Coronavirus Testing To Schools

Cont'd From Page 3

pletely painless. The swabs will be placed in tubes of ten that are then shipped to a laboratory, where they are combined in a pool and tested all at once. Results from the laboratory tests should be available within 24 to 48 hours of each tube arriving there.

If a pool's test result comes back negative, each individual in that pool is presumed to be negative for

COVID-19, Sudders said. If pooled test result comes back positive, all the individuals in that pool can be tested using the Abbot BinaxNOW rapid test. Those who test positive using the rapid test would be subject to isolation and their close contacts would have to quarantine.

The state will pay for the pooled tests during the initial six-week rollout of the program, Sudders said.

After that, schools can purchase the tests from a group contract procured by the state.

Each pooled test, she added, costs a fraction of what a standard molecular (PCR) test costs.

Jeff Riley, the commissioner of the Department of Elementary and Secondary Education, said several school districts, including Medford, Salem and Watertown, have already launched pooled testing programs.

"We are encouraged by the early results they are showing and by the information gathered by from this method to help guide

informed decision making," Riley said. "Districts, using pooled testing are seeing low positivity rates among students and staff within the schools."

In Watertown, Riley said 6,400 students and staff have been tested using the pooled tests. The positivity rates for the pooled tests is 0.21 percent while the community as a whole had a positivity rate of 4.4 percent as of Dec. 31.

"The superintendent told us what the testing is really helping to see is that the core mitigation strategies used in schools - masking in particular - are working," Riley said.

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Scenes From Yesterday



THIS IS A 1910 real photo postcard showing the old wooden Wollaston School that was on the corner of Winthrop Avenue and Beale Street. In 1871 when the Wollaston Heights area was first developed the first school was held in an old land office. Then, in 1873, the land company built the small building shown here on the left with two classrooms. The then Town of Quincy

rented and furnished it and hired the teachers. The larger section shown here in the foreground was an 1890 addition built and paid for by the new City of Quincy. The present brick Wollaston School was built in 1912 and the building shown here was demolished. This site is now known as Safford Park.

From the Postcard Collection of Tom Galvin



THOMAS CRANE PUBLIC Library will host an online program focusing on the value of trees and how to care for them Thursday, Jan. 21 at 7 p.m. Join on Zoom (meeting ID 883 9974 9333).

Live Online: Your Big Backyard - City's Fabulous Trees

Learn all about the incredible value of trees and how to best care for them with a panel of local experts, Quincy Tree Warden Chris Hayward; Ahron Lerman, a DCR urban forester who coordinates a free tree-planting program in Quincy and elsewhere; and Pam Templer, forestry researcher at Boston University.

The online program will

be held at 7 p.m. Thursday, Jan. 21.

This program is co-sponsored by the Quincy Climate Action Network, Quincy CAN!, Quincy for Transformative Change Environmental Justice Task Force, and FRRACS - Fore River Residents Against the Compressor Station.

Join on Zoom (meeting

ID 883 9974 9333). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the

audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and on its Facebook page.

Two Quincy Students On UNE Dean's List

Two students from Quincy have been named to the Dean's List for the fall semester at the University of

New England.

They are:

Michael Bennett and Juliana Tracey.

READERS FORUM

Well Wishes From George Burke To Speaker Mariano

I attended the University of Massachusetts and I was the left guard on the basketball team and David Bartley was the right guard. I broke the scoring record due to the assists of David Bartley. We both majored in government and upon graduation we were both elected to the

Massachusetts House of Representatives.

David Bartley became the Speaker of the House of Representatives.

I was elected into the House of Representatives in the City of Quincy in the same district that John Quincy who became Speak-

er of the House of Representatives came from.

I purchased the sole remaining artifact of Speaker of the House John Quincy for nearly \$200,000 and I have donated it to the City of Quincy.

Now, Ron Mariano, a good friend of mine, has

been elected Speaker of the House of Representatives and I wish him well as he takes on the new responsibility of being Speaker of the House.

George G. Burke
Attorney
Quincy

Quincy's Yesterdays

This Week
1991
30 Years Ago

Sheets To Submit \$123.6 Million Budget

Mayor James A. Sheets said that he will likely submit his budget of \$123,600,000 for fiscal 1992 by level funding fire, police and education while cutting all other departments by four percent.

The budget, which will be submitted to the City Council for approval the first week in April, doesn't include money for capital outlay or raises for employees in the city's 21 unions.

In his mid-term address 10 days ago, the mayor gave the school, police and fire departments top funding priority for FY'92, which will begin July 1. He said that he would not close one fire station as a means of saving city dollars. Instead, he said he would maintain the present levels of fire equipment and number of patrol officers.

ANSELMO WILLING TO RETURN TO BOARD

Former School Committee member Frank Anselmo whose resignation two weeks ago touched off a small political controversy regarding a successor, offered a solution to the issue of filling his seat.

In a phone interview with The Quincy Sun, Anselmo, 92, who resigned because of health concerns Jan. 2, said he would finish his term if the city permitted him.

However, Anselmo will not get the chance. Because his letter of resignation was signed and received by City Clerk John Gillis, Mayor Sheets said the resignation could not be withdrawn. Gillis, who contacted the state for its ruling, agreed.

QUINCY-ISMS

City Council President Ted DeCristofaro was presented an appreciation award by the Quincy Jewish War Veterans Post 193 and the members of the Beth Israel Brotherhood. The presentation was made jointly by JWV Commander Bernard Shaffer and Brotherhood President Bernie Reisberg... The Montclair Deli, 218 West Squantum St., North Quincy, was offering "Free Hot Dogs" at their Grand Opening, Monday, Jan. 21... The Quincy Licensing Board approved a request from Alfred Graziano, Jr. of Grazioso's Deli Shoppe to extend his license to include two tables with seating for four to eight people in the shop... The Quincy Sun's Sunbeam's column was questioning whether or not former Ward One Councillor and Council President Leo J. Kelly would run for councillor at-large in the fall elections... Jennifer Raftery, 48 Norton Rd., and Eileen P. McCluskey, 24 Overlook Rd., both of Merrymount, were named to the fall semester's Dean's List at the University of Rhode Island... Gerald (Jerry) Gherardi, 78, a long-time humanitarian, was named The Quincy Sun's 1990 Citizen of the Year. Gherardi was a guidance counselor in the Quincy school system... Prevites' Market, 72 Sumner St., Quincy Point, was offering "Perdue 4-Star Turkey Breast for \$2.99 lb"... Dr. Mark Jaehnig, treasurer of the South Shore Chiropractic Society, presented a holiday contribution to Fr. Bill's Place Shelter... Mr. and Mrs. Stanley Spink, Wilgus Rd., Germantown, welcomed a granddaughter, born to David and Paula Spink at Newton-Wellesley Hospital... George White, chairman of the Quincy Festival Parade Committee, said the committee would meet Jan. 23 to start planning the 40th annual festival parade to be held in Nov. 1991... The Quincy Interfaith Sheltering Coalition honored the Quincy Police Department for its outstanding service to homeless shelters. The award was accepted by Police Chief Francis Mullen... The Quincy High School Air Force Junior R.O.T.C. drill team took first place in the recent compulsory team drill routine at Cranston, RI East High School... Morrill Real Estate, 645 Hancock St., was planning to hold a "First Time Home Buyers Seminar" at the firm's office, Jan. 28... Dr. Sheldon W. Bennett presided at the Sunday service at the United First Parish Church, Quincy Center. His sermon was titled "Our Words Are Us"... Kristin Fiocco, daughter of Noreen Fiocco of Quincy, was selected to play the saxophone for the Eastern Nazarene College Wind Ensemble... The North Quincy High hockey team snapped Quincy High's five-game unbeaten streak with a 2-1 win at the Quincy Youth Arena.

135 Students On Point Webster Middle School Honor Roll

One hundred thirty-five students are listed on the first term honor roll at Point Webster Middle School.

HIGH HONORS

Grade 8: Genesis Anderson, Adhithiya Balamurugan, William Caberoy, Nicholas Cheung, Meadow Cooper, Joseph Curtin,

Charlotte De Melo, Julia De Souza, Chloe Duong, Eugene Foong, Shauna Foran, Ali Goutay, Sophia Graziano, Ella Halley, Alexandra Hoey-Ventura, Ruby Ngoc Huynh, Jomana Kmail, Kartik Kujala.

Sophia Lapenna-Hayes, Milan Le, Vanessa Leung,

Mary Luong, Kayla Monroy Ochoa, Avery Neal, Donovan O'Connell, Luiza Paiva, Parth Patel, Adrian Pena Mendez, Sanjith Puvvada, Jasmine So, Henry Tang, Mia Trazinski, Yuliana Woodbury.

Grade 7: Antony Amalan Carol, Kaushik Ananda

Krishnan, Jake Basan, Anthony Carinci, Larissa Defreitas, Quadir Essex, Brendan Fanfan, Mya Fontaine, Tyler Galecia, Christopher Habchy, Mae Ju, Srikanth Kuchulakanti, Vincent Le, Emily Lim, Alexander Luu.

Vienna Mei, Minh Nghiem, Olivia Nguyen, Dristi Patel, Casey Perdios, Neha Ramakrishna Kumar, Simon Ramiz, Isla-Roan Salazar, Gabrielly Santos Souza, Hadiya Saquib, Teddy Thai, Carolyn Yu, Tiffany Zheng.

Grade 6: Tina Au-Duong, Akshat Bhardwaj, Elizavet Bobomurodzoda, Pallavi Cherukuri, Kayla Chow, Erick Delima, Danielys Guzman Reyes, John Huynh, Athena Kymissis, Anushree Lotlikar,

Elias Monroy-Ochoa, Emma Nguyen, Karen Ortiz-Vasquez, Rachel Ou, Kush Patel, Pranav Pratheeswaren, Sumayya Taqdees, Collin Tran, Alex Yu, Amanda Zhang, Brenda Zhang, Katrina Zheng.

HONORS

Grade 8: Hamaad Ansar, Ashley Bassill, Kelvin Centeio Lopes, Jenna Christian, Sean Conover, Hellena De Oliveira Souza, Helloysa De Oliveira Souza, Mioshan Deng, Veronica Diaz Moreno, David Kacaj, Konrad Kloczkowski, Marielle Kouassi, Zhaiya Leggett-Landrum, Maleena Miller, Jaziah Molina, Teresa Smith, Isabella Zakhary.

Grade 7: Olivia Chidima Alamba, Giselle An-

drade, Noah Araya, Karthik Balamurugan, Samuel Belcher, Connor Blatcher, Samuel Boros, Heidi Chau, Gavin Doyle, Sarah ElDayisty, Filmon Fessahaie, Cayden Giaimo Chaplin, Tedsen Pierre, Camden Roosa, Sianna Tucker.

Grade 6: Zahraa Alkhatib, Fayana Altheus, Lidya Araya, Joseph Bassill, Marin Bun, Pavan Cherukuri, Ethan Coates, Tony Trung Do, Jala Douangmala, Lilianna Fonseca, Jaylen Kellam, Annika Kogler, Jingwen Kuang, Cullen McSweeney, Jingying Mei, Halima Mohamed, Rayyan Mohammed, Sakthieswaran Ramakrishna Kumar, Amarah Sarwar, Kaylee Tang.

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUZIE FALCO



Suzie's Cabbage With Potato Dish

By MARIE

There are so many different ways to prepare vegetables and back in the day my mother would combine certain vegetables with potatoes for a wonderful side dish. Sometimes it would be an escarole sauté with potatoes, or green beans with potatoes, which was a family favorite.

Recently, my daughter Suzie made a combination of cabbage and potatoes. This dish was a wonderful blend of flavors. If your family likes cabbage and potatoes this one is sure to please!

Ingredients and Directions:

- 1 head of cabbage, cut up in bite-sized pieces (set aside)
- 2 medium-sized potatoes - skin on if

organic - otherwise peeled, washed and cut up in bite sized pieces. (set aside)

- 1 clove of garlic, chopped fine
- 3 tablespoons oil (Suzie used olive oil)
- Salt and pepper to taste

In the hot oil, sauté the garlic and add the cabbage, stirring well and then add potatoes.

Cover and cook, stirring occasionally.

Suzie did not have to add any liquid while cooking because the steam from being covered created enough moisture and was sufficient.

Keep covered and cook and stir over medium heat until potatoes and cabbage are tender.

This is a great side dish, and goes well with any entrée. Very nutritious too!

Winter Minestrone

By SUZIE

This soup recipe by James Tenda of "I'm No Chef" fame is so worth the work making the pesto. The soup part is easy, but the pesto requires some different ingredients than traditional pesto but it is incredibly delicious as well as healthy.

This soup utilizes rich and healthy root vegetables as well as lighter herbs and greens. The perfect soup for the cold weather we are finally "enjoying." Keep warm and fight off sickness with this soup. It also freezes well. Enjoy!

Minestrone ingredients:

- 3 tbsp butter, olive oil, or ghee
- 2-3 leeks, cleaned and chopped
- 1 pound winter or bitter greens, such as collards, kale, dandelion, etc....
- 1 quart chicken or vegetable stock
- 3 cloves garlic, peeled and finely minced (about 2 tsp)
- 1 tbsp fresh chopped thyme
- 2 celery ribs
- 1½ pound turnips or rutabagas
- 1 13.5-ounce can full fat, unsweetened coconut milk
- ½ ounce fresh flat-leaf parsley
- Juice of half a lemon
- Salt and pepper to taste

Pesto ingredients:

- 1 ounce fresh flat-leaf parsley
- 4 ounces fresh rosemary
- ¼ cup fresh oregano or marjoram
- ½ cup shelled pistachios, dry roasted
- ½ cup Parmigiano-Reggiano (preferably raw), shredded
- 3 cloves garlic, peeled
- Juice of half a lemon
- ¼ teaspoon salt (omit if using salted pistachios)
- ½ cup extra-virgin olive oil

INSTRUCTIONS:

1. Add the butter, oil or ghee to a large, heavy-bottomed stock pot or dutch oven.
2. Clean, quarter, and chop the leeks and set aside.
3. Wash the greens, remove fibrous stems (if necessary), and then add to a large

skillet with 1 cup of stock and cover tightly with lid.

4. Wash and trim the ends of the celery. Cut in half lengthwise, chop, and add to a large bowl. Peel and chop the rutabagas or turnips into ½-inch cubes. Add to the bowl with the celery and set aside.

5. Mince and chop the garlic and thyme.

6. Turn on the heat to medium and melt the butter or ghee, add the leeks and stir to coat. Continue cooking for 5 minutes, stirring frequently, so that the leeks do not brown. Add the minced garlic and thyme to the pot with the leeks and cook for another minute until fragrant.

7. Add the celery and rutabagas to the pot, and season with salt and pepper. Cook the vegetables for 5-7 minutes, stirring occasionally.

8. Add remaining chicken stock to the pot, cover and bring to a gentle boil. Reduce heat and simmer for 15 minutes.

9. While the vegetables are simmering, steam the greens over medium heat until they are wilted down, but still vibrant in color and mild to taste, about 10-15 minutes. You may need to gently toss them halfway through the cooking time.

10. Transfer the wilted greens to a high-speed blender, along with the left over stock from the pan, coconut milk, lemon juice, fresh parsley, and about a third of the cooked vegetables. Puree until smooth, 30-60 seconds. Pour the puree into the pot and simmer uncovered for another 10 minutes to let the flavors come together and finish cooking the root vegetables.

11. Season with salt and pepper to taste. Top with a spoonful of Winter Herb Pesto, freshly cracked black pepper, and a drizzle of olive oil. Serve hot.

Instructions for the pesto:

1. Add all the ingredients except for the olive oil to the bowl of a food processor. Pulse a few times.
2. With the food processor running, slowly pour in the olive oil just until it all comes together. Serve immediately.

186 Students On Broad Meadows MS Honor Roll

One hundred eighty-six students are listed on the first term honor roll at Broad Meadows Middle School.

HIGH HONORS

Grade 8: Callathea Alesandro, Charles A. Burnie, Ellarose M. Cary, Edison Chau, Bishan Chen, Samantha Chen, Bridget M. Colleton, Aidan Dao, Jack W. Dias, Alessandra N. Diruzza, Ashley C. Duran, Dylan J. Gorman, Cemre Gumus, Alyssa J. Hopps, Leah S. Johns, Emily E. Jones, Joshua P. Kerfien, Oliver J. Levine, Timothy M. Long, Regina M. Lorusso, Kevin Luu.

Kelly J. Mei, Caitlin M. Murphy, Shea N. Nolan, Jillian M. O'Brien, Salma Oubtrou, Jack F. Reilly, Devin Rong, Abigail Saintvil, Gana J. Shareef, Riley C. Sullivan, Serena A. Swan, Joselyn G. Vando, Khoi B. Vo, Joshua I. Wakhweya, Matis Xhelpi, Edison Ye, Kevin Zheng, Yinlin Zhu, Zuhra Zuhra.

Grade 7: Isaiah T. Allen, Nathan T. Allen, Benjamin X. Brown, Richard Cao, Angelica R. Chandler, Tracy L. Deng, Isabella M. Diaz, Isabel S. Egan, Vitoria Rosa Ferreira, Emily M. Guerin, Derek C. Haviland, Sophia M. Johnston, Maeve B. Kerrins, Angel Le, Mercy F. Machado, Nicholas J. Mangino, Caroline A. Mann, Taylor M. Mann.

Austin J. McDonnell, Jake W. McKenzie, Malcolm F. McMorrow, Kethy J. Mei, Destiny F. Mon-

teiro, Lauren K. Murphy, Siena M. Nichol, Kendyl L. Nolan, Mary-Katherine O'Connor, Shaun E. O'Neil, Rachael M. Pavidis, Steven M. Prendushi, Julianna M. Prioli, Dante I. Quintos, Nicole Teng, Emma R. Wood, Paige E. Zaske, Vincent X. Zhao, Tiffany Zheng, Youhong Zheng.

Grade 6: Mackenzie E. Anderson, Yaraa A. Barbosa, Jane L. Capone, Evelyn F. Catrambone, Eric A. Dannerhoj, Francesca R. Diaz, Erla Floqi, Patrick T. Hogan, Winnie Huang, Jayson A. Johns-Dookey, Rory F. Kennedy, Joshua D. Langley, Thanh G. Lieu, Bella Lin, Niamh F. O'Neill, Chrystelle Saint Cyr, Nancy N. Tran, Catherine H. Vlastos, Khang B. Vo, Lila R. Waldron, Melanie M. Zaborowski.

HONORS

Grade 8: Layla A. Bel-faid, Maria P. Bengoa Croxatto, Vivian D. Bentley, Shane R. Brundige, Megan M. Caldwell, William J. Codner, Natalie M. Costa, Gavin M. Crawford, Gianna T. DiBona, Jonh N. Earl, Ashlinn M. Folan, Ciara E. Folan, Madilyn P. Glynn, Miguel J. Gomes, Aaraya L. Gray, Isabel H. Keane, Lilianna F. Kopiec, Angelina Lin.

Wisdom L. Machado, Matthew J. Manzi, Lucia M. McManus, David M. Mellyn, Sandro A. Merone, Brenda Paulina Moran Garcia, Catherine B. Mulyanga,

Isabella R. Picarski, Dylan J. Powers, Luke R. Rheault, Aiden M. Santos, Patrick R. Stanton, Adriana R. Taglieri, Daniel P. Tracey, Antoine N. Trowers, Meghan K. Troy, Timothy Z. Wong, Peyton C. Zacharias, Jialin Zheng.

Grade 7: Josephine C. Altavesta, Angelina R. Bennett, Konrad C. Brown, Bushra Bushra, Sean T. Conroy, Olivia P. Costa, Ryan J. Cross, Kristian Ray L. Dizon, Quincy W. Johnson, Lance E. Jones, Jesliany Lopes Da Rosa, Joseph M. MacNeil, Sophia Nguyen, Aine H. O'Donnell, Shawn M. Perry, Fabrinny S. Santos, Leonnell R. Steinberg, Martin Wang, Christopher J. Young.

Grade 6: Zeinab M. Alkinani, Hadi H. Alzubaidy, Bradyn G. Baylis, Carter H. Bishop, Marcus J. Burke, Tyler M. Carson, Gavin J. Daley, Filviano A. Depina, Frank L. Flemming, Owen S. Francis-Silva, Matthew J. Fratolillo, Arianna L. Galipeau, Jack R. Herlihy, Tristan D. Joseph.

Max N. Lamonica, Colleen M. Leahy, Sophia Liang, Mecklem B. Limage, Maryanna Lin, Sophie M. Lynch, Gavin T. O'Hare, Shea P. Pacheco, Samantha J. Patten, Andrew E. Perkins, Dolores A. Quintos, James M. Reilly, Joshua X. Reyes, Daniel J. Reynolds, Alexander R. Saunders, Christopher R. Sheehy, Frances R. Verrochi.

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Social Security Matters

Ask Rusty: About Repaying Social Security Money Taken By Politicians

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: It is common knowledge that over the decades politicians have taken billions if not trillions of dollars out of the Social Security fund to finance other government programs. This information is never published or addressed and having the government repay this money back to SS is never discussed, as it seems to be the most logical solution. When the SS program is financially viable again, future changes to the program can be discussed in a more meaningful way. **Signed: Informed Senior**

Dear Informed: I'm afraid that what you refer to as "common knowledge" is actually a common myth, pervasive on social media but nevertheless not accurate. Here at the AMAC Foundation we have thoroughly researched this charge and reality is that every dollar ever contributed to Social Security since the program's beginning has been used only to pay benefits to beneficiaries, or to pay for the cost of running the Social Security Administration (administrative costs are about 1%). Any surplus revenue exceeding program cost was deposited into the Social Security Trust Fund as "special issue government bonds" which pay interest (at 2.2% for 2019). As of the end of 2019 there were nearly \$2.9 trillion in assets held in Social Security's Trust Funds, and none of those assets have ever been used for any purpose other than Social Security.

Some of the myths you may have heard include:

- That President Kennedy used SS funds to pay for the Peace Corps
- That President Reagan used SS funds to pay for his Strategic Defense Initiative
- That President Johnson used SS funds to pay for the war in Viet Nam

None of these are true, but the one which gains the most visibility is the last one. And that comes from an accounting gimmick that President Johnson used back in the 1960s to make the Federal debt look less than it was. When Johnson realized the Federal balance sheet didn't reflect assets held in the Social Security Trust Funds, he arranged for that balance sheet to reflect SS reserves as a Federal asset, which masked the size of Federal debt. But no Social Security money was ever taken out of the Trust Funds and, indeed, this accounting "gimmick" was reversed in the 1980s so that Social Security's reserves no longer partially offset the Federal debt in the Government's financial reporting.

I know how pervasive these allegations are, and I also know that some Americans will never be convinced that politicians have not accessed, and cannot access, Social Security's money. But by law, Social Security's assets can be used only for Social Security, and nothing else.

Some say that the assets in the Trust Funds are merely IOUs and that the actual money has been used by politicians. The Trust Funds assets are interest-bearing investment instruments which can be redeemed on demand by the Social Security Administration, as needed to pay SS program costs. Those "special issue government bonds" are backed by the "full faith and credit" of the United States Government which, in investment circles, is viewed as primarily risk-free. If they are "IOUs," it is in the same sense that the assets in a stock and bond portfolio are IOUs.

Social Security's current financial issue stems from steadily increasing life expectancies and the declining ratio of workers to beneficiaries. People are now collecting Social Security benefits for decades instead of a few years, and the number of beneficiaries is steadily increasing (about 64 million today). Simultaneously, there are now only 2.8 workers per SS beneficiary compared to, for example, 1960 when there were 5.1 workers for every beneficiary. Both these realities have resulted in the need to withdraw assets from the Trust Funds to fully pay benefit obligations. And, according to the Social Security Trustees, those Trust Fund reserves will be depleted in the early 2030s, resulting in an across the board cut in benefits – unless Congress acts soon to restore Social Security to financial solvency.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Social

Testing Leftover Seeds For Viability

By MELINDA MYERS

The beginning of a new year finds many gardeners preparing for the growing season ahead. Clearing space to start seeds indoors, inventorying seeds and supplies, and ordering seeds, plants, and more are usually part of the process.

While organizing, you may uncover seeds from past seasons. Do not discard these just yet. When seeds are stored properly, many can last from one to five years or more.

Seeds stored in a cool location like the refrigerator in an airtight container maintain their viability best. But even those stored in less-than-ideal conditions may surprise you. Older seeds may still sprout once



OLDER SEEDS MAY still sprout, but it is likely there will be a reduction in the success rate.

Photo Courtesy MelindaMyers.com

they pass their average life expectancy, but you are likely to see a reduction in

the success rate.

The type of seed also influences how long seeds can be stored and remain viable. Start by checking the expiration date on the seed packet. Onions, parsley, and parsnip seeds usually last one year. Corn, okra, and peppers two years; beans and peas for three years; tomatoes, turnips, beets, chard, and watermelon four years; and Brussels sprouts, cabbage, muskmelons, radishes, and spinach last for five years.

The same principles apply to saved flower seeds. Marigold and zinnia seeds can maintain good viability for two to five years; ageratum, nasturtium, sunflowers, and yarrow for three to five years; monarda four years, and calendula for four to six years.

But the longer you grow plants, the more likely you are to push the limits. This often results in unexpected success or valuable insight for future gardening endeavors.

When in doubt use this quick-and-easy test to see if your seeds will sprout. Place ten seeds on a damp paper towel. Roll up the towel with seeds inside, place in a plastic bag and store in a warm location.

After a week or so, unwrap the paper towel and check the seeds for sprouting. If nothing has happened, rewrap the seeds and wait a few more days.

If all the seeds have sprouted, you have 100% germination and can plant the seeds as recommended on the package. If only half the seeds sprout, for example, you will need to plant the seeds twice as close together to compensate for the lower germination rate.

The sprouted seeds can be planted indoors or out depending on the time of year, available space, and your climate.

If none of the seeds sprout, consider breaking out the glue and getting the family involved in turning these leftover seeds into works of art. Select a variety of sizes, shapes, and colors to create your masterpiece on wood or heavyweight card stock. Large seeds like beans, peas and corn are easy for crafters of all ages to handle. Use tweezers for finer seeds that add detail and texture to your creation.

Testing seeds now can help you save money when placing your seed order. You can focus your planting budget on new seeds and supplement with your existing inventory.

Melinda Myers is the author of more than 20 gardening books and hosts the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her web site is www.MelindaMyers.com.

Social Security Matters Ask Rusty: Did My Wife Get A 'Notch Baby' Benefit Increase?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I was born in May of 1930, and my wife was born in April 1931. My wife claims she received an increase in her Social Security benefit due to the "Notch Baby" provision. Is she correct about this? **Signed: Inquisitive Husband**

Dear Inquisitive: Allow me to clarify for you what your wife is referring to, and you can use your own judgement on how to present the information to her.

So-called "notch babies" are those Social Security recipients who were born between the years 1917 and 1921. Folks born in those years were affected by a Social Security issue which had to do with how Cost of Living Adjustments (COLAs) were computed. Here's what happened:

In 1972, when the Social Security Administration switched to automatic COLA increases based on the Consumer Price Index, they made an error in the automatic COLA computation formula which wasn't discovered for several years. During those several years they awarded COLA increases using the incorrect formula which paid COLA at a higher level than appropriate. After discovering the error, and in an attempt to fix the issue, in the mid-1970s, Congress decided that those born before 1917 would be allowed to stay on the incorrect (more generous) formula, but COLA for those born after 1917 would use a corrected formula. However, that didn't sit well with SS beneficiaries born after 1917 because they were receiving less COLA than their counterparts born before 1917. So, in an attempt to mollify those Social Security beneficiaries born after 1917, Congress created a special "notch" formula for those born between 1917 and 1921. And those who were born between those dates were called "notch babies."

The new "notch baby" formula was not quite as generous as the incorrect formula being enjoyed by those born before 1917, but yet a bit more generous than the corrected COLA formula which applied to anyone born after 1921 (and still exists today). Thus, "notch babies" do enjoy a slightly better COLA formula than other Social Security beneficiaries born after 1921.

Over the years, various attempts have been made to extend the notch baby end-year definition from 1921 to, for example, those born before 1927. And even as recently as 2019, a Congressional bill called the "Notch Fairness Act" attempted to provide restitution by extending the end date of the "notch" to 1926. But none of those attempts in Congress have ever succeeded in changing the definition of "notch babies" beyond the original 1970s Congressional definition to apply only to those born between 1917 and 1921. So, anyone born after 1921, including your wife, has COLA computed using the corrected formula, not the "notch baby" formula.

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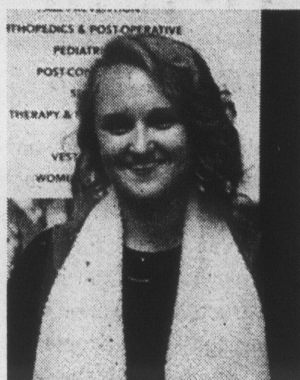
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Alana Falco Joins Peak Physical Therapy

Peak Physical Therapy & Sports Performance, a South Shore practice specializing in programs that provide comprehensive treatment in orthopedic, spine and sports medicine specialties, announces Alana Falco, PT, DPT has joined the Quincy clinic as a physical therapist.

A native of Rehoboth, Falco received her bachelor of science in exercise science from the College of Charleston in 2016 and went on to earn her doctorate of physical therapy from the University of St. Augustine for Health Science in 2019. As a graduate from the University of St. Augustine, Falco has a strong orthopedic and manual therapy foundation and strives to



ALANA FALCO

implement her hands-on approach alongside therapeutic exercise interventions to deliver a holistic treatment style. She has experience working with an array of patient populations including patients presenting with cardiopulmonary, musculoskeletal, neurological and oncology related diagnoses.

She plans to continue to expand her skill set in both pelvic health and lymphedema physical therapy and would like to pursue a specialty in women's health in the future.

Falco lives in Quincy and in her spare time she enjoys weightlifting, playing tennis, being outdoors and spending time with friend and family.

"Alana is a great addition to our Peak team," said Eric Edelman, PT, owner of Peak Physical Therapy & Sports Performance. "She brings extraordinary expertise and skill sets to our patients and we applaud her continuing her education into new specialties within her profession."



ROCK SALT CAN leave trees and other landscape plants vulnerable to damage. Know the signs of rock salt damage on trees to protect them. Courtesy Photo

Hold The Salt: How To Protect Trees From Rock Salt Damage

From foot deep white blankets to delicate flurries, we know the drill after any snowstorm: spread winter salt to avoid icy mishaps. It's a quick fix to keep us safe, but rock salt can leave trees and other landscape plants vulnerable to damage.

Know the signs of rock salt damage on trees to protect them.

According to George Barth, ISA certified arborist at Hartney Greymont, a Davey company, tree symptoms from rock salt damage vary based on the type of tree.

"On evergreens, damage is more obvious to the naked eye," says Barth. "Salt residue can cause yellow needles. For deciduous trees, the symptoms are less obvious. When snow has piled up near a tree, salt can seep into the tree's roots and result in dry soil, bark discoloration or canopy dieback."

Look for salt damage where snow has piled up near trees to see if treatment is necessary. Once any of these symptoms are spotted, restoring tree health requires management from

you and your local arborist. There are steps to take to protect trees and plants

1. If you spread salt, choose one with calcium chloride, which is less harmful to plants than salt with sodium chloride. If you must use sodium chloride, then mix it with sand, sawdust or other similar materials, which aid in traction and reduce the amount of salt spread.

2. Extra 'winter watering of road-side trees, when possible.

3. Rinse away salt off of tree trunks when the snow clears.

4. To rid the soil of any lingering salt, your local arborist can remediate and replace salt-saturated soil with organic matter in spring.

5. Barth recommends a layer of gypsum in late fall and early winter to help protect plant and tree roots from salt damage.

6. Fertilizing trees in the spring provides nutritional support to help cope with wintertime salt damage.

Salt-tolerant trees for the Northeast

According to Barth, com-

mon salt-tolerant trees in the northeast include white oak, red oak, Austrian pine and Colorado spruce.

Across all regions, healthy, mature trees and trees with thick bark tend to withstand damage well. Trees that are stressed from storm damage, harmful insects or disease infestation suffer more damage from rock salt.

Remember, careful planning and placement can limit all plants' exposure to salt.

For more information, call George Barth, Hartney's local arborist, at (781) 444-1227 or visit Hartney.com to learn how to care for, protect and enhance your landscape this season.

The Davey Tree Expert Company provides research-driven tree services, grounds maintenance and environmental solutions for residential, utility, commercial and environmental partners across North America. As one of the largest employee-owned companies in the U.S., Davey has been dedicated to creating and delivering sustainable solutions for 140 years.

Live Online: Restorative Yoga Continues

Rest, relax and unwind with Restorative Yoga and Peaceful Sleep Yoga Nidra in this series happening every Tuesday at 7 p.m. through Feb. 16. The next session is Jan. 19.

This series will be led by Quincy's own Christine Way-Cotter, the founder of Sea.Cret Garden, who had the following to share about what she will lead:

"Restorative yoga restores the body to its parasympathetic nervous system function, which, in turn, helps the body rest, heal, and restore balance. By allowing time for longer asanas (postures or poses) and deeper breathing, restorative yoga helps elicit the relaxation response. A restorative yoga sequence typically involves only five or six poses, supported by props -- pillows, blanket, blocks, or bolsters -- that allow you to com-



CHRISTINE WAY-COTTER

pletely relax and rest. Held for five minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. Yoga Nidra or yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, induced by a guided meditation. There is evidence that yoga nidra helps relieve stress."

Way-Cotter has 30 years experience in the healing arts, with experience and continuing education in the related fields of skincare, massage, herbalism, yoga,

and plant spirit medicine. Christine was certified as a yoga instructor by the Kripalu Center for Yoga and Health in Stockbridge in 1999. She teaches gentle, beginner, and intermediate Kripalu Yoga, a form of Hatha Yoga that incorporates breath work, meditation, and physical postures to quiet the mind. She has continued her training to offer Prenatal, Children's, Partner Yoga, Yin Yoga, Five Element Yoga, 12 Step Yoga and Recovery, and Yoga Nidra.

Join on Zoom (meeting ID: 818 7608 1966). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and on its Facebook page.

Saint Rock Haiti Foundation Launches New Website With Redstage, Fulcrum Digital Media

The Saint Rock Haiti Foundation (SRHF) has partnered with Redstage and Fulcrum Digital to launch a new and improved website for the foundation. Redstage and Fulcrum equipped the website with a fresh design that streamlines user interaction while highlighting campaign fundraising features—bringing SRHF crucial visibility and financial support.

The Saint Rock Haiti Foundation is a non-profit dedicated to serving the communities in and around Saint Rock, Haiti. SRHF not only provides high quality primary health care, but offers comprehensive educator training and student services and economic support with the goal of fostering Haitian opportunity and empowerment.

SRHF is constantly

growing and adapting to best serve the needs of Saint Rock, which is why as a non-profit, SRHF consistently requires new donations and fundraising in order to finance their projects. This is why Redstage's user-friendly platform is critical to SRHF's operations, explained Jocelyn Bresnahan, the President and CEO of the Saint Rock Haiti Foundation, sharing "As we continue to expand the services we offer, we rely on our website to spread the word of our mission and help to obtain greatly needed financial support. Through their generosity, Redstage and Fulcrum are allowing SRHF to have a wider audience and a more powerful presence. We are delighted to count them as a valued partner"

Fulcrum Digital is the

parent company of Redstage, where the two collaborate on eCommerce development with a personal touch.

For this project, Redstage took the initiative to send representatives from their development team to Saint Rock in order to gain a more complete picture of the SRHF and the communities the foundation serves. By gaining a better understanding of the wishes and goals of the people of Saint Rock and SRHF, Redstage was able to incorporate these objectives into the infrastructure of the updated website.

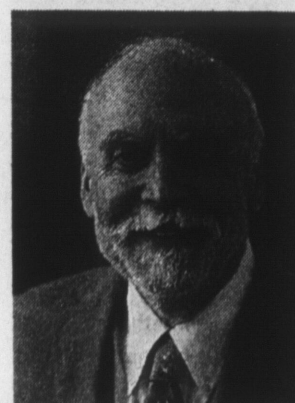
Learn more about Redstage and Fulcrum Digital at www.redstage.com

For more information about SRHF, Saint Rock, or to explore the new website, visit www.saintrack.org

Carney Hospital Welcomes New Psychiatry Specialist

Carney Hospital and Steward Medical Group have welcomed Richard Marcus, MD, MS to the greater Boston community. Dr. Marcus joins the hospital's growing psychiatry team and will support psychiatric needs of the hospital's inpatients.

Board certificated in child and adolescent psychiatry, Dr. Marcus earned his medical degree at Wayne State University of Medicine and completed his residency at University of Cali-



Dr. RICHARD MARCUS

fornia, Irvine. He has over 44 years of experience in the medical field and has a

special interest in mood and thought disorders.

"We are proud to have Dr. Marcus join our care team at Steward Medical Group," said Michael Callum, MD, president of Steward Medical Group. "Our patients will benefit from Dr. Marcus's skills and expertise, as well as his/her commitment to providing care in the community."

Learn more about mental health services available at Carney Hospital at carney-hospital.org.

Friends Of Faxon Park Group Hike Sunday

The Friends of Faxon Park invite the public to a group hike Sunday, Jan. 17 beginning at noon.

All are welcome. Participants should meet at the

Pavilion at noon; two route options will be offered. The Red Diamond Trail is mostly flat and wide while the Blue Dot Trail offers a more technical single-track route.

Wear a mask and maintain social distancing guidelines. In case of severe inclement weather the group hike will be postponed until Sunday, Jan. 24 at noon.

JAN

14

2021

Animals And How They Affect Our Health

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
BSN, RN, BC, CP-FS

Animals play an imperative role in many people's lives. Over 71 million American households (62%) have a pet, and most owners consider their pets as members of the family. Research studies have discovered that people who have a pet have healthier hearts, are sick less often, make fewer visits to the doctor, get more exercise, and are less depressed.

Companion animals have been found to improve heart health by lowering blood pressure and regulating the heart rate during stressful circumstances. In a 2002 study, researchers measured changes in heart rate and blood pressure among people who had a dog or cat, compared to those who did not, when participants were experiencing stress. People with a dog or cat had lower resting heart rates and blood

pressure measures at the initiation of the experiment than non-pet owners. People with a dog or cat were also less likely to have spikes in heart rates and blood pressure while performing the task, and their heart rates and blood pressure returned to normal more rapidly. They also made fewer errors when their pet was present. These findings indicated that having a dog or cat lowered the risk of heart disease, as well as lowering stress, thus enhancing performance.

A similar study found that having your dog in the room, when you are under stress, lowered blood pressure better than taking a popular type of blood pressure medication (ACE inhibitor). Other research denoted that the act of stroking a pet can help lower blood pressure and cholesterol.

Children's exposure to companion animals may

also alleviate anxiety. One study measured blood pressure, heart rate, and behavioral distress in healthy children aged 3 to 6 at two different doctor visits for routine physicals. At one visit, a dog was present in the room and at the other visit the dog was absent. When the dog was present, children had decreased blood pressure readings, lower heart rates, and less behavioral distress.

Outcomes suggest that the social support a pet provides can make a person feel more tranquil and lessen stress while encouraging additional social interactions with people, reducing feelings of isolation or loneliness.

Among the elderly, pet ownership might also be an important source of social support that enhances well-being. In one study, elderly individuals having a dog or

cat were more capable to perform certain physical activities such as the ability to climb stairs; bend, kneel, or stoop; take medication; prepare meals; and bathe and dress oneself. There were not significant differences between dog and cat owners in their abilities to accomplish these activities. Also neither the length of time of having a dog or cat nor the intensity of attachment to the animal influenced performance abilities.

Companion animals did not seem to have an impact on psychological health but researchers proposed that taking care of a pet gave older individuals a sense of responsibility and purpose contributing to their general well-being.

A large German study collected pet information from over 9,000 people at two different periods (1996 and 2001). Researchers found that people who admitted to having a pet in both 1996 and 2001 had the fewest doctor visits, followed by people who had acquired a pet by 2001; the group of people who did not have a pet at either time had the greatest number of doctor visits.

Like any relationship, some human-pet relationships are likely to be more satisfying than others. Some individuals are more attached to their pets than others and those feelings could affect the impact

of the pet on the person's health. Other factors such as gender and marital status may play a role. So, while pet ownership might have a constructive impact on well-being for some people not everyone responds the same way. When a child has no brothers or sisters, research shows that pets help children develop greater empathy, higher self-esteem, and improved participation in social and physical activities.

The effect of human-animal interaction on health is not fully understood because it is challenging to investigate. The majority of evidence on the benefits of having a pet comes from surveys of current health, deeming it impossible to know if a person is in good health because they have a pet or if they are more likely to get a pet because they are already in good health. The German study described previously suggests that having a pet for an extended period of time is more beneficial to your health.

Researchers have also utilized animals to temporarily provide companionship to children with health or mental health difficulties, or elderly people who may not have the energy or resources for a live-in pet. While these studies tend to have inconsistent results, some positive findings of interacting with a therapy dog included diminished levels of pain and



RUTH JONES

anxiety among hospitalized children and adults, as well as increased concentration and interaction among children with autism and other developmental disorders. In nursing homes, interaction with visiting dogs has led to more social behaviors and interaction among residents.

To date, we cannot distinguish specifically what types of animals influence what types of health issues (physical, mental, and social well-being) and what characteristics about human-animal interaction are most significant. If research shows specific health benefits under specific circumstances, that information can be used to modify policies in ways that benefit a greater portion of adults and children, by influencing rules and regulations for schools, health or assisted living facilities, residential treatment centers, and other places where people's exposure to animals is sometimes discouraged but could potentially be supported.

Ruth Jones is the health commissioner for the City of Quincy.

Go See Your Doctor – But Wear A Mask!

By KENNETH
E. THORPE

Millions of Americans have postponed lifesaving screenings and other preventative care due to Covid-19.

Doctors performed 67 percent fewer mammograms, conducted almost 72 percent fewer colonoscopies, and administered 22 percent fewer childhood vaccines in March and April than in January and February 2020, before the pandemic began. And while the total number of doctor's visits and screenings rebounded somewhat this summer and fall, they're still not back to pre-pandemic levels in many areas.

In early 2020, patients' fears of catching Covid-19 at doctor's offices and hospitals were understandable. But we've learned a lot since then.

Today, it's clear that foregoing care is usually counterproductive. It's incumbent upon politicians and the public health community to encourage and enable Americans to once again visit the doctor, so long as proper precautions are taken.

Diagnosing cancer, heart disease, diabetes, and other chronic conditions early can make the difference between life and death. That's why the drop in screenings is so disconcerting. Outpatient visits -- like wellness checkups, CT scans, and ultrasound imaging -- de-

clined nearly 60 percent between mid-February and early April of this year.

For many patients, these delays prove far more dangerous than Covid-19 itself. Dr. Therese Bevers -- medical director of the Cancer Prevention Center -- recently remarked "I've seen women who tell me they found a lump [in their breast] in March, and when I'm seeing them [in July] it's in the lymph nodes."

Some Americans are so leery of Covid-19 that they're even forgoing emergency care, with fatal consequences. In March and April, the total number of emergency room visits declined more than 40 percent compared to the same period last year. CDC officials cited a particularly notable drop in visits for chest pain and heart attack-related symptoms.

Skipping doctor's visits also hurts patients, who already know they're sick. A majority of doctors' appointments lead to either new prescriptions, prescription refills, or check-ins regarding a prescription.

When Americans don't go to the doctor, it's tougher to ensure they're getting the right medication at the right time. In April 2020, Americans' use of statins -- which help treat and prevent heart disease -- and diabetes medications dropped 8.1 percent and 6.6 percent year-over-year, respectively. This drop is concerning, because drugs are some of our most

powerful tools to manage chronic disease.

Prescription nonadherence rates already fluctuated between 40 and 50 percent for most chronic disease patient groups, even before the pandemic. And nonadherence frequently leads to serious -- and expensive -- health complications. In fact, it causes roughly 125,000 deaths annually and one in 10 hospitalizations, and swells U.S. healthcare spending by nearly \$300 billion a year.

This combination of unchecked chronic conditions and prescription nonadherence -- all caused by delayed care -- will strain on our nation's healthcare system long after Covid-19 subsides.

Fortunately, it's not too late to soften the blow. Politicians and policy experts need to level with the public and explain that, yes, Covid-19 is dangerous -- but so are cancer, heart disease, and diabetes. Politicians, in particular, can pursue reforms making it easier and cheaper for people to visit the doctor and take their medications.

It's time to send a clear message to patients -- go back to the doctor, refill that prescription, and schedule that operation. Just put on a mask first.

Kenneth E. Thorpe is a professor of health policy at Emory University and chairman of the Partnership to Fight Chronic Disease.

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A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

Please welcome five of the Quincy Police Department's newest officers: Officer Elizabeth Le, Officer Asher Hughes, Officer Saxon Bresnahan, Officer Ashley McBrien and Officer Courtney Murray.

Officer Le and Officer Hughes graduated from the Transit Academy in November and are currently undergoing field training.

Prior to joining the Quincy Police Department, Elizabeth worked for the Department of Youth Services. She is the fourth oldest of nine children. She is the first to graduate college with a master's degree in criminal justice from Suffolk University.

Asher is a proud military veteran, having served over five years in the U.S. Army, following in the footsteps of his father who also served. Asher attended 10 different schools as a child, as far away as Germany. He is trained in Muay Thai, the national sport of Thailand. He is a self-proclaimed good cook (smoking meats is his specialty) so we're just waiting for some nice weather to put his cooking skills to the test!

Both Officer Le and Officer Hughes are already making a huge difference. They were two of nine officers, and two civilians, involved in lifting a car off of a woman during a motor vehicle crash on Christmas Eve morning, saving her life.

Officer Saxon Bresnahan, Officer Ashley McBrien and Officer Courtney Murray were all born and raised in Quincy.



FIVE OF the Quincy Police Department's newest officers - from left to right - Officer Elizabeth Le, Officer Asher Hughes, Officer Saxon Bresnahan, Officer Ashley McBrien and Officer Courtney Murray. Photos Courtesy Quincy Police Department

Each earned a bachelor's degree while in college.

Saxon majored in criminal justice while in college, making the Dean's List all four years. She was quite the athlete in high school and college, having been nominated for the Gatorade Player of the Year in softball. She is the second police officer in her family.

While getting her bachelor's degree in communications, Ashley realized she wanted to pursue a career in law enforcement. Her favorite subject in the police academy was criminal law and she is eager to return to school to get her

master's degree in criminal justice. She is excited to do community outreach and volunteer as much as possible while serving with the Quincy Police Department.

Courtney is the first police officer in her family. She always wanted a profession in which she could help others and chose to pursue a career in law enforcement while in college. She has a bachelor's degree in psychology and worked for the Department of Children and Families (DCF) prior to joining the Quincy Police Department. She looks forward to interacting with community members.

QUINCY POLICE CRIME AWARENESS JOURNAL

SATURDAY, JAN. 2

LARCENY (bicycle taken), 10:53 a.m., Marina Drive. Camera footage with security. Fuji 10 speed black bike was kept in the garage in Marina Point. Lock was cut - see reporting party in the lobby by concierge desk.

LARCENY (packages), 12:42 p.m., East Elm Avenue. In QPD lobby - Amazon packages.

VANDALISM/PROPERTY (vehicle), 2:11 p.m., South Street. Vehicle was egged in area of above. There was a youth's call for the same thing. Reporting person would like to file an additional report for damage to his vehicle.

LARCENY (golf clubs) 5:57 p.m., Sextant Circle. Reporting party states he was hitting golf balls and came back to the house and his golf clubs were taken. Incident closed. Report to be filed.

BREAKING AND ENTERING/PAST (dwelling), 6:04 p.m., Gardiner Road. Looks like they gained entrance through basement door.

SUNDAY, JAN. 3

LARCENY (money), 2:16 p.m., Hancock Park Rehab, 164 Parkway. Male reporting \$15 was taken. He noticed it missing two days ago. Facility is investigating but is required to have PD report filed. Confused patient; facility to handle.

LARCENY (possible civil matter), 3:22 p.m., Grandview Avenue. Party advised, reporting party not even sure if package shipped. Civil matter.

ASSAULT AND BATTERY (private call), 10:37 p.m., John Adams Nursing Home, 211 Franklin St. To hospital.

MONDAY, JAN. 4

LARCENY (30 pack of beer), 5:29 p.m., Shamrock Market, 263 Beale St. In QPD lobby. Reporting party states white male, 6 feet tall, blue and white jacket, took at 30 pack of beer and took off in motor vehicle. Store to handle.

LARCENY (past), 6:55 p.m., Independence Ave. Reporting party has video surveillance of two females taking his packages and taking stuff out of the packages. Report to be filed.

TUESDAY, JAN. 5

LARCENY/MOTOR VEHICLE (Toyota Camry, black), 1:43 p.m., Ming Seafood Restaurant, 475 Hancock St. Car was taken while picking up food. Happened just two minutes ago. No idea of direction. Camera footage with manager. Car possibly involved in motor vehicle accident at 111 Beale St. BOLO given via Bapern Central.

LARCENY (package), 2:26 p.m., Newport Avenue. Reporting party states he received notification package was delivered by it was not there. No information on possible suspects. Found package.

WEDNESDAY, JAN. 6

LARCENY (past), 12:21 p.m., Manet Avenue. Happened before Christmas. Believes it's his cleaners that stole coins.

LARCENY (package), 12:50 p.m., Edgemere Road. Stolen package.

BREAKING AND ENTERING/PAST (dwelling), 2:01 p.m., Billings Street. Party states someone broke into the house. Report to be filed. Det. Chen on scene.

THURSDAY, JAN. 7

LARCENY (freezer), 7:36 a.m., Isabella Street. Caller states that approximately 20 minutes ago, a white box style truck with yellow lettering that appeared to be a private junk removal company pulled into his driveway and took possession of a deep freezer that was in his driveway on his party. Caller states that he doesn't know the name of the company and would be attempting to see if any neighbors have security footage of the vehicle and would like to file a report. Caller expecting follow up phone interview.

LARCENY, (wallet), 8:12 a.m., Home Depot, 465 Centre St. In QPD lobby.

VANDALISM/PROPERTY (mailbox), 6:17 p.m., Mayflower Road. Ongoing issue with youths banging on the door, broke window and now they vandalized mailbox. Reporting party has names of youths. Suspects are alleged, minor damage.

Breaking & Entering Past: Billings Street, Gardiner Road

Breaking and Entering MV: Copeland Street, Presidents Lane, Newbury Avenue (2), Webster

Total calls for service: 717

201 Apartments Proposed In Quincy Center

Cont'd From Page 3

The Citizens Bank building at 1200 Hancock Street would be razed and, in its place, FoxRock plans to build a six-story building with 135 apartments and 3,700 square feet of retail space.

FoxRock's plan includes 234 parking spaces, including surface spots on the property at 1170 Hancock St. and garage spaces at 1200 Hancock St.

The proposal, FoxRock says, "will anchor the northern end of the Square, activating the street front and expanding upon Quincy's renaissance, while landscaping and lighting improvements will create a

safer, more attractive space for both pedestrians and drivers."

Ward 1 Councillor David McCarthy, whose district includes both sites, hosted a community meeting on the proposal in December. McCarthy said the project got a favorable reception from neighbors.

"I think most of the neighbors were pretty receptive. They understand we're really replacing two buildings with two buildings," McCarthy said.

"They are going to be a little bit higher, but the Citizens Bank building needs it. It needs to get renovated, knocked down, whatever you want to call it, and have

a new structure go up that won't be overwhelming. Same thing with the Masonic."

McCarthy said one concern residents raised during the meeting was parking on Russell Park. He suggested a residential parking problem could help alleviate those concerns.

"Concerns over parking always come up and concerns over parking on Russell Park came up," McCarthy said. "One of the things I'm going to institute is a stringent and enforced resident-parking on Russell Park."

He added that infrastructure improvements to the intersection of Russell Park

and Hancock Street, such as the installation of a raised crosswalk, could help calm traffic.

"We think if we do some infrastructure work up at the top, have one of those elevated crosswalks, we can slow it down a bit," McCarthy said.

In addition, the MBTA plans to relocate the busway at the Quincy Center station from Hancock Street to Burgin Parkway when the station is renovated. That would help alleviate traffic at the Russell Park and Hancock Street intersection, McCarthy said.

"With the buses eventually going to be on the back side of the MBTA, we will

be able to quiet that intersection down somewhat," he said.

Other improvements could also be made to the five-way intersection where Hancock Street, Adams Street, Dimmock Street and Whitney Road meet.

"This will also help us look at the Dimmock Street intersection at the top of Whitney," McCarthy said. "That is a tough intersection and we're going to take a look at that too as we're trying to work this all in. We're going to look at that again too to see what we can do to try and move it along."

The traffic flow on Huntley Road will also be looked at as part of the proposal.

"I know some folks on Huntley are concerned too with the way traffic is going to flow because there is some chaos in the morning with pick up and drop off at the high school," McCarthy said.

"Right now, they drop off and go up Huntley in the morning. They might have to go into the parking lot, drop off and go out by the tennis courts, because they won't be able to get up Huntley, I think, when they start construction."

The councillor said he would like to see an Italian restaurant move into the Masonic Temple site.

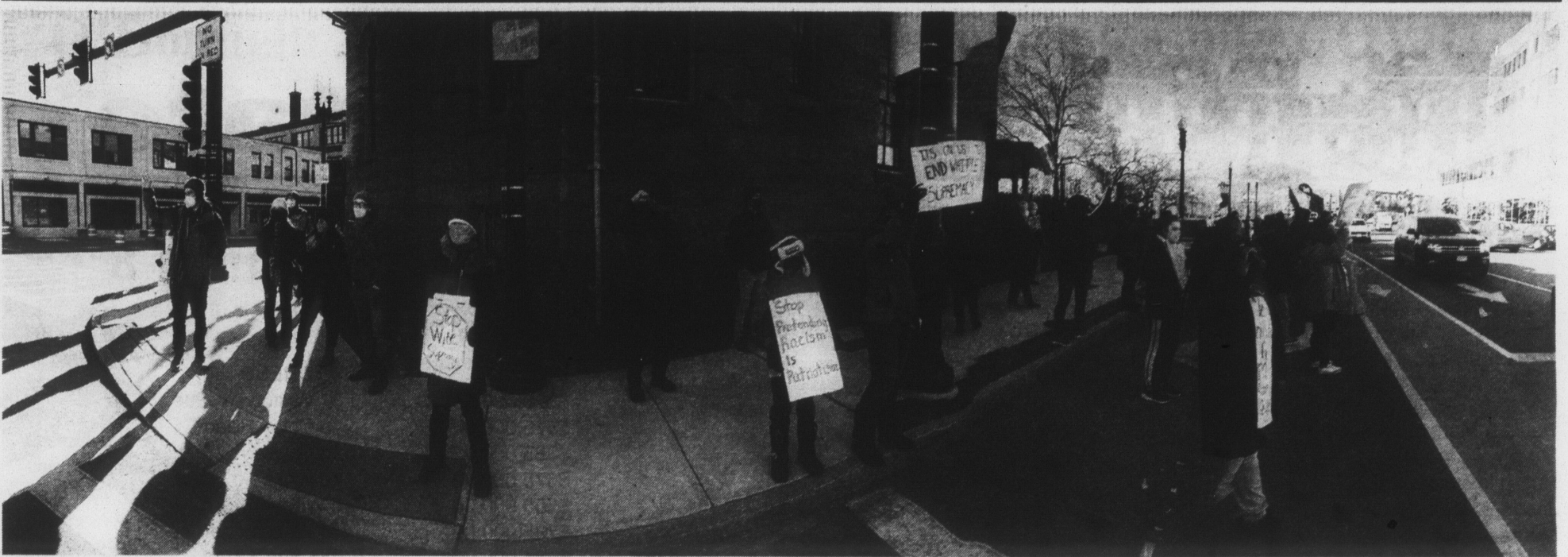
"I'm going to try to lob-

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SOME 60 members of the community rallied against white supremacy at a Quincy Center rally Saturday. Shown here are rally supporters near United First Parish Church at the intersection of Washington Street and Temple Street including some who hold signs that read "Stop White Supremacy" and "It's On Us To End White Supremacy." *Courtesy Photos*

Over 60 Rally In Quincy Center To End White Supremacy

By VICKI SCHOW

On Saturday, Jan. 9th from 11 a.m. to noon, over sixty community members gathered at Quincy City Hall to rally against white supremacy in our own city and our nation.

As the crowd was reminded by rally speaker Albert Lee, a community organizer with Quincy for Transformative Change (QFTC), Jan. 6th's attack on the U.S. Capitol was orchestrated by white supremacists and those fueled by far-right conspiracy theories who intended to preserve white dominance in our political system by overthrowing the results of a free and fair election, in an attempt to invalidate the vote of and organizing work done by many communities of color.

The crowd was not only motivated to gather by national events, but because

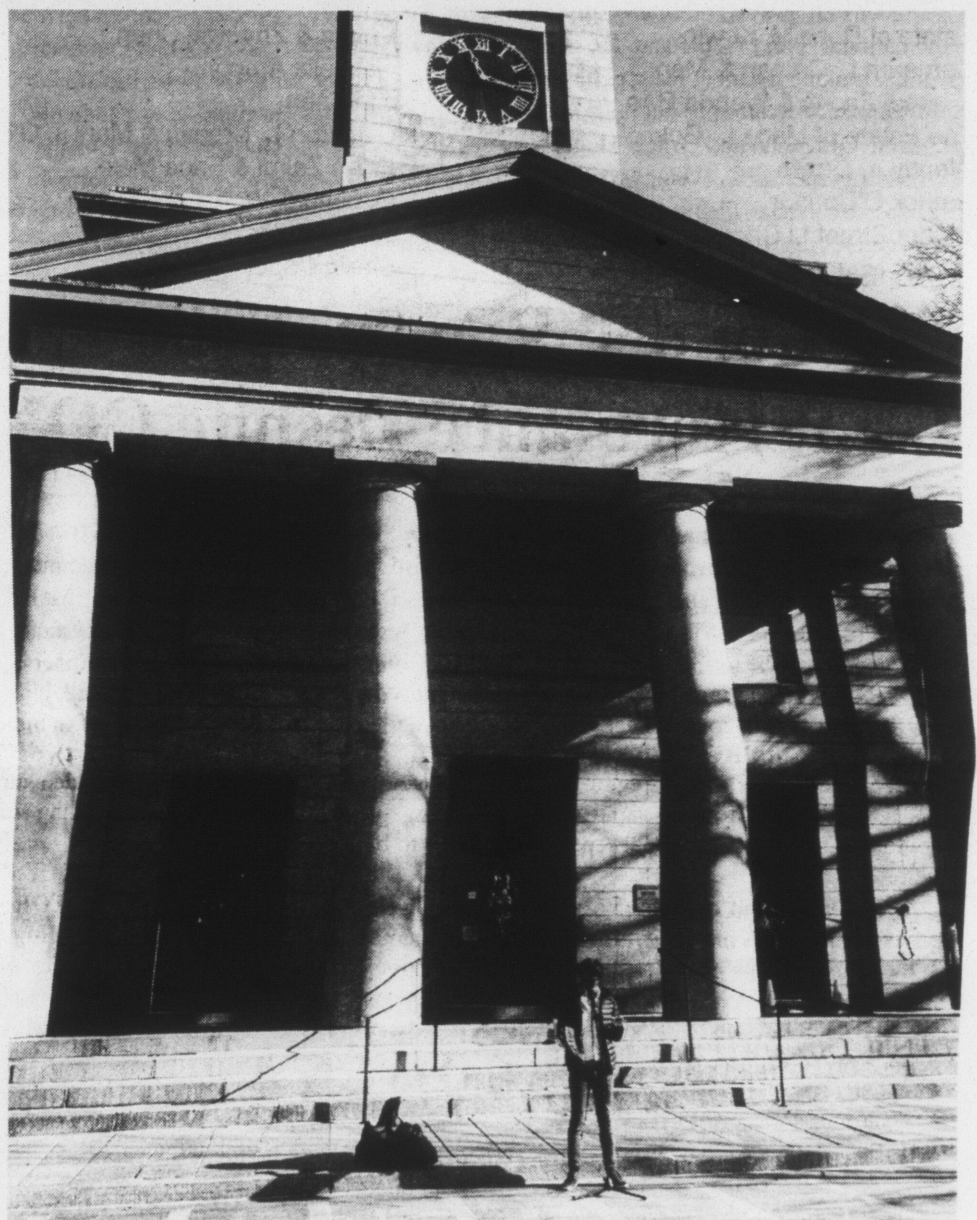
over the past few weeks, Quincy has been targeted as a location for white supremacy organizers. Many of our neighbors received flyers promoting white supremacy ideologies and other locations in Quincy were stickered with propaganda for a white supremacist, neo-fascist group. Additionally, many of the same symbol and flags that invaded the Capitol last week have been present in our own community and graffitied at Wollaston Beach.

"We believe those committed to anti-racism work have a moral obligation to visibly confront and oppose these violent and threatening displays of white supremacy when they occur and believe that community mobilization can disrupt these groups in our own community," said Vicki Schow, a community organizer with

QFTC and Quincy4Justice. "While most people agree that these recent overt actions by white supremacists in Washington D.C. and in Quincy are abhorrent, we are also standing against the more pervasive and covert means white supremacy is allowed to remain entrenched in our community through policies often shielded with the excuse of tradition or bureaucracy."

With chants of, "When Black votes are under attack, what do we do? Stand up fight back!" and "A people, united, will never be defeated!", the attendees offered a visible stand against white supremacy.

Quincy4Justice will be hosting anti-racist workshops over the next few months on Zoom. Additional information can be found at Quincy4Justice.org.



ALBERT LEE, an organizer with Quincy for Transformative Change, speaks at Saturday's rally against white supremacy in front of United First Parish Church.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

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Public Access Channel 8

Thursday, January 14
5:00pm: Bethany Congregational Church
7:00pm: Jazzy Bill's Christmas Special, Part 2

Friday, January 15
11:30am: Currently in Quincy
8:00pm: Q vs. NQ Boys Hockey (2006)

Saturday, January 16
12:00pm: AM Quincy: Quincy Animal Shelter
1:00pm: The Call

Sunday, January 17
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, January 18
10:00am: 2020 Martin Luther King Jr. Breakfast
8:00pm: Q vs. NQ Girls Basketball '05

Tuesday, January 19
7:00pm: AM Quincy: Mayor Thomas Koch
7:25pm: AM Quincy: Dr. Wayne Westcott

Wednesday, January 20
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, January 14
6:00pm: At Your Library: January Happenings
4:00pm: Board of License Commissioners 1/12
8:00pm: City Council Incl. Ord. Comm 1/11

Friday, January 15
9:00am: Tai Chi with Vince Journales
1:30pm: TCPL Presents: Healthy Cooking
6:00pm: Media Advisory: Norfolk County Sheriff
7:00pm: TCPL Presents: Bollywood Funk Dance
8:00pm: Zoning Board of Appeals 1/12

Saturday/Sunday January 16/17
12:00pm: City Council, Incl. Ord. Committee 1/11
4:00pm: Board of License Commissioners 1/12
7:00pm: City Council Incl. Ord. Committee 1/11

Monday, January 18
1:30pm: TCPL Presents: Healthy Cooking
6:00pm: Media Advisory: Norfolk County Sheriff

Tuesday, January 19
6:00pm: LIVE: City Council Public Hearing
6:30pm: LIVE: Quincy City Council

Wednesday, January 20
1:30pm: Meet the Author

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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Podcasting
Tuesday, January 19
Tuesday, February 23

iPhone Camera
Wednesday, January 20
Tuesday, March 2

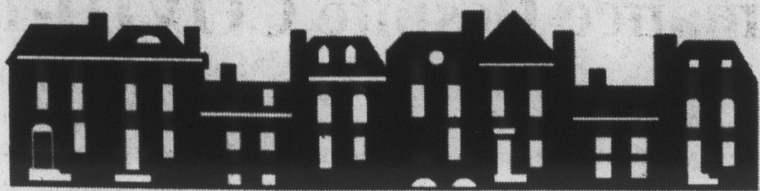
Lighting
Wednesday, January 27
DaVinci Desktop Editing
Tuesday, February 16

iMovie Editing
Wednesday, February 3
Tuesday, March 16

How to Make a PSA
Wednesday, February 10

How to Make a Music Video
Thursday, March 4

Learn a new skill! Membership is not required.
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email: cthemmen@qatv.org or give us a call at
617-376-1440.



Real Estate

Quincy Real Estate Transactions January 4 - January 8

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Cheryl A. Duyette Revocable Trust
David & Morgan Antonell
Murphy Family Trust
Huron Investments LLC
Jason B. & Clinton F. Tierney
Maureen G. Griffin
Carl G. Morris
Siegal-Putnam Realty Trust
KCB Property Group LLC
Estate of Rose M. Kirwin
Cameron L. Crehan & Mark T. O'Brien
Xuemei Zhong & Wenda Gao
The Estate of Marie L. Goldie
Wendy A. Drown
Patrick O'Connor
Kidder Street LLC
Sylvia, Nhung T., Huy H. & Le X. Nguyen

BUYER

Matthew Regan
Changying F. Lee
Alexandria Donlan
Kapil Yadav & Supriya Joshi
Truong H. D. Nguyen & Thu T. D. Le
Duc Q. Pham & Thi T. L. Le
Shanghai Tang, Guoqun Ruan & Guoxiong Tang
Arthur R Siegal
Kenneth E. Smith & Deidre M. Conroy
Lichan & Zhaowei Chen
Gabriella Aragon
Jun Chen
Cameron L. Crehan & Mark T. O'Brien
Ergys Zajmi & Erida Mele
Qi Song & Wenzhong Wang
James Estes
Sheila Capel

AMOUNT

\$620,000.00
\$575,000.00
\$385,000.00
\$678,000.00
\$550,000.00
\$735,000.00
\$464,000.00
\$220,000.00
\$835,000.00
\$410,000.00
\$520,000.00
\$477,999.00
\$413,000.00
\$547,000.00
\$379,900.00
\$535,000.00
\$490,000.00

ADDRESS

37 Whiton Avenue
49 Colby Road
33 Pawsey Street
69 Highfield Road
5 Willow Street
74 Webster Street
986 Sea Street
56 Tilden Circle, Unit 5-4
38 Randlett Street
27 Forum Road
19 Watson Road
150 Quincy Shore Drive, Unit 2
864 Sea Street
21 Ryden Street, Unit 1
200 Falls Boulevard, Unit G-301
25 Kidder Street, Unit C
32 Grace Road

O'Donnell Reports Solid Real Estate Performance Despite COVID-19

While the COVID-19 pandemic caused personal and economic upheaval in the lives of one and all, Register of Deeds William O'Donnell reports the Norfolk County real estate market remained viable and strong throughout the 2020

calendar year.

"By remaining open for the recording of land documents while the COVID-19 pandemic has been ongoing, the Norfolk County real estate market was able to remain viable in 2020. Coupled with low interest

rates and motivated buyers and sellers, the 2020 Norfolk County real estate market produced solid results across the board, in particular strong lending numbers, O'Donnell said.

"During 2020, a total of 18,413 residential and commercial real estate sales transactions were recorded, no statistical change from 2019 but a solid result nonetheless. Total real estate dollar sales, again both residential and commercial, increased 12% to \$10.3 billion. The average real estate sales transaction price, combining both residential and commercial sales, was \$903,423, an increase of 12% from the previous year. The increases seen in

housing prices, particularly residential housing, was a direct result of buyers competing for a limited number of available housing stock."

O'Donnell noted there was a total of 179,260 land documents recorded at the Registry during 2020, a 19% increase compared to the previous year.

"A primary cause of the land document recording increase in 2020 was a 54% increase in the number of mortgages, including mortgage refinances and home equity loans, recorded countywide," O'Donnell said. "Specifically, a total of 45,669 mortgages were recorded during the year versus 29,740 recorded in

Cont'd On Page 13

Ask Barbara Graceffa:
'Secretary Of The Interior'

Decluttering Solutions for Family Heirlooms

I enjoyed your article on excess accumulation last week but my problem isn't shopping, it's storing family heirlooms from multiple generations. How can I declutter these keepsakes? Maureen

Here's where I put on my psychology hat (you'd be surprised how often a decorator needs one!) When it comes to family heirlooms, consider these questions:

- Do you feel these treasures are entrusted to you as keeper of the family history?
- Are you using and honoring them or are they just gathering dust and taking up space in your home?
- Are you holding onto them for sentimental value or you think they are worth a lot of money?

First, begin with the end in mind. In your case, your desired end state might be a clean attic. Perhaps more importantly, less clutter brings less stress (and, in some cases, embarrassment) and can bring improved peace of mind, health, and personal relationships.

Second, live in the present, not your family's past or even future - thinking someone else could use the china or furniture someday.

Third, realize that when you let them go, you do not relinquish the memories. Instead, value experiences over things. Take photos of special items, then allow yourself to begin the clean sweep.

As you begin the process of letting go, start small, get a decluttering buddy, and recite this quip: "If it isn't paying rent, evict it." There are lots of ways to purge:

Discard broken and out of style items.
Take inventory and ask other family members and friends if they want anything and give them a short window for pick up.

Donate household items and furniture for a tax deduction.

Have a yard sale or sell or give things away free online. Contact an estate professional who would buy the items from you.

There are many rewards to decluttering. You can live the life you imagine and, believe me, it will be happier and richer with less "stuff."

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.

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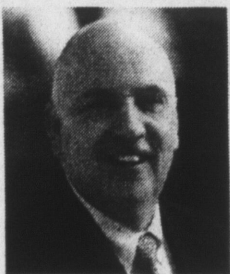
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O'Donnell: Solid Real Estate Performance Despite COVID-19

Cont'd From Page 12

2019. Total mortgage financing increased 18% year over year coming in at \$20.7 billion. This huge increase in mortgage recordings can be attributed to historically low mortgage interest rates seen during 2020," O'Donnell said.

Calendar year 2020 saw Norfolk County property owners continue to avail themselves of the protections provided by the Homestead Act. A total of 12,487 Homesteads were recorded, no statistical change from 2019.

O'Donnell reminds Norfolk County homeowners about the importance of having Homestead protection.

"A Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000. For more information about the Home-

stead, consult the Registry's website www.norfolkdeeds.org."

During 2020, the Norfolk County Registry of Deeds closely monitored the foreclosure market. From April 20, 2020 through October 17, 2020 a moratorium on foreclosure and evictions was in place throughout Massachusetts.

"The Norfolk County Registry of Deeds worked in close cooperation with Attorney General Maura Healey's office to ensure there were no abuses being perpetrated against homeowners while the COVID-19 state of emergency foreclosure moratorium was taking place. With the moratorium on foreclosures concluded, we have begun to see a small number of foreclosure deeds and notice to foreclose mortgages, the first step in the foreclosure process, cross our desks here at the Registry," O'Donnell

said. "We at the Registry of Deeds are very sensitive to the plight of those facing challenges paying their mortgage payments. Some of our neighbors are facing choices between paying for food and paying for housing. As we have throughout my tenure, the Norfolk County Registry of Deeds continues to partner with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. If you or someone you know is having difficulty paying the monthly mortgage payment, please consider contacting one of these non-profit agencies for help and guid-

ance."

O'Donnell concluded: "Twenty-twenty (2020) was certainly a year of challenges. The COVID-19 pandemic tested all of us in many unique and profound ways. While all of us have been impacted on a personal level, some were more economically impacted than others. Many small businesses and sectors of our economy, such as restaurant and hospitality, were devastated by the pandemic. Fortunately, the Norfolk County real estate market was able to remain viable. By listening to public health officials, practicing social distancing, implementing split shifts during portions of the calendar year, utilizing our disaster recovery site, the Norfolk County Registry of Deeds was able to remain open for business to serve our customers, the residents of Norfolk County and real estate professionals alike.

By continuing to record land documents here at the Registry, sellers and buyers of real estate were able to reap the benefits of real estate transactions. Deeds excise monies collected were forwarded to the state where they helped pay for critical programs at the state, county and local levels including health care, education and law enforcement. The COVID-19 pandemic continues. Some say the worst is yet to come. Please know the Registry of Deeds will do all it can to remain open for business while ensuring the safety of our employees. While our office remains physically closed to the general public, the Registry of Deeds remains operational. The Registry staff continues to record documents electronically for our institutional users, and are accepting land documents via Federal Express and regular mail. There is also a drop-off box located just outside the main entrance to our building located at 649 High Street, Dedham, MA. As your Norfolk County Register of Deeds, I want to wish of you a happy and

healthy 2021, how could it not be better, and thank each and every one of you for the cooperation, patience and understanding you have shown myself and my staff during this challenging year in all our lives. Be healthy. Be safe."

To learn more about these and other Registry of Deeds events and initiatives, like us at Facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Illegal Pill Manufacturing Operation Found In Wollaston

By SCOTT JACKSON

Quincy police and federal authorities worked together to dismantle a large-scale illegal pill manufacturing operation in Wollaston.

The Quincy Police Department's Drug Control Unit was investigating a possible drug trafficking operation based out of a rental garage facility located in the residential area of Wollaston on Jan. 6, according to Sgt. Karyn Barkas.

She said detectives discovered a large-scale, illegal pill manufacturing operation based in a single-stall rental garage on the property. Detectives also discovered a large quantity of fentanyl, powder base precursors, and commercial-grade pharmaceutical pill presses and machinery used in manufacturing. All of these illegal items were self-contained in a portable trailer.

Detectives secured the site and determined there was no danger to the public, Barkas stated. Detectives then contacted the Quincy police detective task force officer assigned to the Boston office of the U.S. Drug Enforcement Administration. This activated the DEA Clandestine Lab Response Team. The decision was made to tow the trailer and secure it at police headquarters. Barkas said.

The purpose of the response team is to professionally and safely dismantle the equipment, along with the neutralization and disposal of all chemicals associated with the operation, she stated.

The partnership between Quincy police and DEA, along with the collaboration of the task force officer initiative, demonstrates the im-

portance of local and federal agencies working together to ensure the safety of our communities and the proper disposal of illegal materials,

Barkas said.

Quincy police continue to investigate the matter along with federal officials, she said.



QUINCY POLICE and the U.S. Drug Enforcement Administration helped dismantle a pill-manufacturing operation based out of a trailer in Wollaston. Both agencies continue to investigate the matter, a police spokesperson said. Photo Courtesy Quincy Police Department

Gasoline Prices Up Six Cents

Massachusetts's average gas price is up six cents from last week (\$2.21), averaging \$2.27 per gallon.

Monday's price is 16 cents higher than a month ago (\$2.11), and 32 cents cheaper than January 11, 2020 (\$2.59). Massachusetts's average gas price is 4 cents lower than the national average.

"Gas prices are rising as supply tightens and crude oil gets more expensive. Decreasing demand is outweighed by these other factors at the moment," said Mary Maguire, AAA North-

east Director of Public and Government Affairs. "Last week crude oil pushed to the highest price since before the pandemic. If crude prices remain high, Americans can expect to pay more at the pump this month."

AAA Northeast's January 11 survey of fuel prices found the current national average to be 6 cents higher than last week (\$2.25), averaging \$2.31 a gallon. Today's national average price is 16 cents higher than a month ago (\$2.15), and 27 cents cheaper than this day last year (\$2.58).

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Nicole L. Crispo
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Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

PUBLIC NOTICE

PUBLIC NOTICE

Section 196 - 15 Trespass Towing Regulations -

C) Towing, Transportation and Storage Fees – The registered owner of a towed vehicle which has been lawfully towed and stored consistent with the provisions of General

Department of Public Utilities
One South Station
Boston, MA 02110
ATTN: Mr. John Keenan

This Ordinance shall take effect upon its enactment.

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

BBB: Beware Of New Stimulus Checks Scam

The new pandemic relief bill includes stimulus checks (or direct deposit) for most Americans, and scammers are already taking advantage of the news. BBB is getting reports of con artists claiming that you need to either pay for your stimulus check or provide personal information to receive it. Watch out for scam calls as this new government initiative rolls out.

How the Scam Works

As always, there are several versions of this con-

course, this "application" is really a way to phish for personal details and opens you up to risk of identity theft.

In a phone variation, the scammer pretends to be calling from a government agency. The con artist insists you need to pay money - or "confirm" your personal information - before you can receive your stimulus check. Other times, scammers claim that you can get additional money or even receive your funds immedi-

ately. All you need to do is pay a small "processing fee" through a pre-paid debit card.

Tips to Spot a Government Imposter Scam:

- **Stay calm.** If you receive any of these impostor calls, resisting the urge to act immediately, no matter how dramatic the story is. Scammers try to get you to act before you have a chance to think.
- **Don't reply directly.** Don't respond to the call, text, or email. If you think

the message may be real, find the government agencies' contact information on their website and contact them directly.

• Check for look-alikes.

Be sure to do your research and see if a government agency or organization actually exists. Scammers often make up names of agencies and/or grants.

- **Do not pay any money for a "free" government grant or program.** If you have to pay money to claim a "free" government grant,

it is not really free. A real government agency will not ask you to pay an advanced processing fee. The only official list of all U.S. federal grant-making agencies is Grants.gov.

For More Information

For more information about scams in the wake of coronavirus, see BBB.org/Coronavirus.

If you've spotted a scam (whether or not you've lost money), report it to BBB.org/ScamTracker. Your report can help others avoid falling victim to scams.

PUBLIC NOTICE

PUBLIC NOTICE 2020 - 132

Ordinance - Amending - Chapter 196 Licenses and Permits Article II - Business Licenses and Regulations - Adding - Section 196 - 16 Fingerprint-based Criminal Record Checks

Presently pending in Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED by the City Council of the City of Quincy that Chapter 196 Licenses and Permits - Article II - Business Licenses and Fees - of the Municipal Code be hereby amended as follows:

Add the following:

Section 196 - 16 Fingerprint-based Criminal Record Checks -

196 - 16.1 Purpose and Authorization.

In order to protect the health, safety and welfare of the inhabitants of the city, as authorized by M.G.L. c.6, section 172B 1/2, as enacted by Chapter 256 of the Acts of 2010, this Ordinance shall require that applicants for city-issued licenses to engage in certain specified occupational and business activities, as enumerated in this chapter below, shall submit to fingerprinting administered by the Quincy Police Department. This Ordinance shall further authorize the Quincy Police Department to conduct criminal history checks based on such fingerprinting pursuant to section 172B 1/2 of Chapter 6 of the General Laws, as referenced above, and 28 U.S.C., section 534. This Ordinance shall further authorize the city to consider the results of such criminal history checks in determining whether or not to grant a license.

196 - 16.2 Licenses Subject to Fingerprinting and Criminal Record Check Authorization.

The requirements and authorizations contained in section 196-16.1 shall apply to applications for licenses for the following occupations and business activities:

- 1) Operator of a Hackney Carriage, as defined in Article 1 of Chapter 330, section 330-1;
- 2) Hawkers and Peddlers, as defined in Article 11 of Chapter 234, section 234-17;
- 3) Solicitors and Canvassers, as defined in Article 1 of Chapter 234, section 234-1.

196 - 16.3 Procedural Requirements for Use of Fingerprinting.

Fingerprints obtained under the provisions of this Chapter shall be submitted to the Identification Unit of the Massachusetts State Police, the Massachusetts Department of Criminal Justice Information Services (DCJIS), or its successor, for purposes of a state criminal records check. Fingerprints obtained under the provisions of this Chapter shall further be submitted to the Federal Bureau of Investigation (F.B.I.) for purposes of a national criminal records check. The city authorizes the city licensing authority and the Quincy Police Department, consistent with applicable state and federal law, to receive and utilize the aforementioned state and F.B.I. records in connection with background checks related to the licensing process.

196 - 16.4 Applicant's Submission to Fingerprinting by Quincy Police Department.

All applicants for city-issued licenses to engage in occupational or business activities enumerated in 196-16.2 shall submit, within ten (10) days of application, a full set of fingerprints to be taken by the Quincy Police Department for the purpose of conducting a state and national criminal history record check to determine the suitability of applicants for the license sought. At the time of fingerprinting, the Quincy Police Department shall inform applicant that the fingerprints taken will be used in the process of checking the applicant's state and F.B.I. criminal history records.

196 - 16.5 Police Department Processing and Authorization of State and Federal Agencies.

Upon receipt of the fingerprints and payment of the applicable fee, the Police Department shall transmit the fingerprints obtained pursuant to this chapter to the Identification Unit of the Massachusetts State Police, DCJIS, and the FBI as may be necessary for the purpose of conducting the fingerprint-based state and national criminal history records checks of license applicants specified in this Chapter. The City authorizes the Massachusetts State Police, the DCJIS, or its successor, and the Federal Bureau of Investigation (FBI), to conduct fingerprint-based state and national criminal record background checks, including FBI records, consistent with this Chapter. The City authorizes the Quincy Police Department to receive and utilize state and FBI records in connection with such background checks, consistent with

PUBLIC NOTICE

this Chapter. Upon receiving the applicable state and national criminal histories pertaining to an applicant, the Quincy Police Department shall not disseminate such information to any entity not authorized to receive such information.

196 - 16.6 Notification to Applicant.

The Quincy Police Department shall provide the applicant with a copy of the results of the applicant's fingerprint-based criminal history record check upon receipt of such information. The Department shall further provide the applicant an opportunity to complete or challenge the accuracy of information contained in the criminal histories obtained from state or federal agencies. The Department shall further supply the applicant with relevant information regarding procedures for obtaining a change, correction or an updating of a criminal record history. Such information supplied shall include a copy of 28 CFR Part 16.34 pertaining to F.B.I. identification records. The Department shall not communicate the results of the fingerprint-based criminal history record check to the applicable city licensing authority pursuant to the following section until it has first complied with the provisions contained within section 196-16.6 and otherwise complied with the requirements of this Chapter of the Municipal Code.

196 - 16.7 Communication to Licensing Authority.

The Police Department shall communicate the results of fingerprint-based criminal history record checks to the applicable city licensing authority. The Police Department shall indicate whether the applicant has been convicted of, or is awaiting final adjudication for, a crime that bears upon an applicant's suitability, or of any felony or misdemeanor that involved force or threat of force, controlled substances or a sex-related offense. The Police Chief shall periodically check with the Executive Office of Public Safety and Security (EOPSS), which has issued an Informational Bulletin detailing the requirements for municipal ordinances and the procedures for obtaining criminal history information to ascertain whether or not additional or revised measures are required for compliance.

196 - 16.8 -Reliance on Results.

Licensing authorities of the City shall utilize the results of fingerprint-based criminal history record checks for the sole purpose of determining the suitability of applicants for the proposed occupational or business activities, as enumerated in 196-16.2, for which licensing is being sought. A city licensing authority may deny an application for a license on the basis of the results of a fingerprint-based criminal record background check if it determines that the results of the check render the subject unsuitable for the proposed occupational activity. The licensing authority shall consider all applicable laws, regulations and city policies bearing on an applicant's suitability in making this determination. The licensing authority shall not deny a license based on information contained in a criminal record history unless the applicant has been afforded a reasonable time to correct or complete the record or has declined to do so.

196 - 16.9 Compliance with Law, Regulation and City Policy.

Implementation of this chapter and the conducting of fingerprint-based criminal record background checks by the city shall be in accordance with all applicable laws, regulations and city policies, including, but not limited to, the city's policy applicable to licensing-related criminal record background checks, which shall include record retention and confidentiality requirements. The city shall not disseminate the results of fingerprint-based criminal background checks except as may be provided by law, regulation and city policy. The city shall not disseminate criminal record information received from the FBI to unauthorized persons or entities.

196 - 16.10 Fees.

The fee charged by the Police Department for conducting fingerprint-based criminal record background checks shall be \$100.00 per person fingerprinted. A portion of the fee, as specified in G.L. c. 6, s. 172B 1/2, shall be deposited into the Firearms Fingerprint Agency Account, and the remainder of the fee may be retained by the City for costs associated with the administration of the fingerprinting system.

196 - 16.11 Severability.

The provisions of this chapter are severable. If a court determines that a word, phrase, clause, sentence, paragraph, subsection, section or other provision is invalid, or that the application of any part of a provision to any person or circumstance is invalid, the remaining provisions and the application of those provisions to other persons or circumstances shall not be affected by that decision.

Any Ordinances in conflict with the provisions of this Ordinance are hereby repealed to the extent of such conflict. This Ordinance shall take effect upon its enactment.

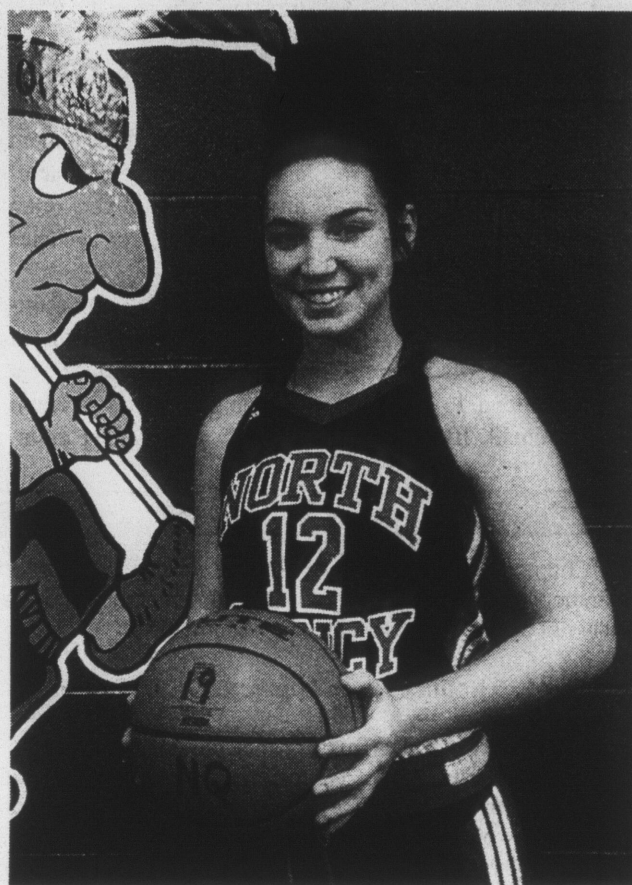
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1/14/21

NQ Girls Basketball Wins 1st League Game In 3 Years

It took three years, but the North Quincy Girls basketball team won a Patriot League game dominating the Plymouth South Panthers 39-20 in North's home opener. The Red Raiders never trailed in this one jumping out to a quick 4-3 lead and increasing it to 10-3 at the end of the first quarter. Junior guard Kiera Sleiman was the spark plug for the red and black offensively while the defense, led by Alex Abrahamovich and Bridget Capone was suffocating holding the visitors to one basket. Senior captain Fallon Hobin exploded for 10 points in the second quarter while Sleiman added a hoop and freshman guard Molly Toland drained a long three pointer as the hosts surged to a 25-8 advantage at halftime. Sophomore Marybeth Smith was a standout on defense holding South captain Cat Sullivan to three points in the quarter.

The visitors trimmed a point off the lead in the third quarter as North missed 6 free throws. Hobin added to her game-high 15 points with 5 in the third and junior center Bryanna White came off the bench to chip in with 3. Three freshmen helped add to North's lead as Toland added a basket while center Ava Bryan had a pretty finish off a set play. Caroline O'Donnell also contributed strong minutes



NORTH QUINCY senior captain Fallon Hobin led North to a 39-20 victory over Plymouth South Jan. 5. Hobin scored a game-high 15 points in the win. *Courtesy Photo*

rebounding well and playing good defense.

Hobin topped all scorers with 15 while Sleiman finished with 9, and Toland and Bryan added 7 and 4 respectively.

"Our defense was outstanding," said head coach Paul Bregoli. "We held South to six field goals the entire game, a total team effort. Smith, Capone and Abrahamovich were especially impressive taking

turns shutting down Sullivan, holding her to 6 points after she scored 19 against Duxbury."

This followed a scrimmage win over Duxbury last week. North travelled to Hanover Tuesday (Jan. 12) to take on the Hawks and then visit Pembroke Friday (Jan. 15th). North's JV team was also victorious with Jillian Jaehnig, Ruby Ahern and Taylor Kernen leading the way.

Quincy Boys' Basketball Bounces Pembroke

By LIAM GAMBON

The Quincy High School boys basketball team is coming off a 2019-20 season in which they experienced a lot of struggles.

But this year things have turned around despite the COVID-19 pandemic causing obvious issues and the graduation of seniors. Their roster this year includes senior captain Kaan Yavuz, junior Coleman Ross, junior James Phipps, senior captain Dyllan Lopes, senior Will Cook, senior Thuan Nguyen, senior Joseph Healy, junior Jordan Davis, freshman Caleb Parsons-Gomes, junior Tony Le, senior Jorden Edge, and junior Joseph Manton.

The Presidents began their season with a 61-41 loss at home to Plymouth North but followed that up on the road with an away 39-37 loss to Hanover, closing the gap on their score differential early.

That stat continued as Quincy claimed their first win of the year on Friday against Pembroke in the

Quincy High School gymnasium. The Presidents were helped with five charges taken by Edge, who also put together 11 points, a defense that allowed Pembroke to hit only 11 three-pointers on 40 attempts, Yavuz who contributed 14 points, and senior captain and offensive leader Lopes led the way as usual with 18. Final score was 57-54.

Their defense also only gave up 12 shots from within the three-point line as Plymouth North only scored four of those.

"I thought the kids played well and hopefully we can build on this and get to the next one. We're trying to build an identity and right now we've gravitated towards our defense," Quincy boys basketball coach David Parry said. "We're not very deep this year. Any day we're on the court in a game or practice is just a blessing for us."

"Leading my team to the first win of the season, that wasn't me who did that. It was my hungry, furious

teammates. We were having great practices the whole week long. We were very hungry for a win; we came out with lots of energy. There are no fan sections this year so when the guys on the bench were screaming, cheering us up, that really helped us push through to secure the win. We are very hungry after coming up short to two good teams. We are the underdogs and we will make some noise this season," Lopes said. "I have great teammates, and tremendous coaches. I'm so glad to be a part of this brotherhood. I wanted to give a special thank you to the Quincy Public Schools, and the Quincy community for allowing my teammates, and I to be fortunate to play my senior season at Quincy High School. I'm so thankful to be on the court during these times."

The senior captain and guard Lopes has been a standout for the Presidents for the past three seasons since he joined the team and

Cont'd On Page 25

NQ Hockey Tops Quincy, 4-1

By TOM JOYCE

In the first period, they were explosive against their in-city rival.

And that's how the North Quincy High Red Raiders boys' hockey team managed to defeat the Quincy Presidents last Saturday night at Quincy Youth Arena. North Quincy won the game 4-1, improving to 1-1 on the season. With the loss, the Presidents fell to 1-2.

"It was a great start, but we sat back after that," Red Raiders' head coach Matt Gibbons said. "We played a very good first period. But then I guess we started relaxing, playing too much one-on-one. That's what four goals will do for you, but Quincy really brought it to us starting with that second period, and I would say they outplayed us in the second and third period."

"I did love the way the kids came out in that first period," he added. "I loved the way they created their own atmosphere. It's easy to get pumped up for this game with fans in the stands, but we wondered how it would be tonight. We brought our own energy, and I thought that was a huge factor. It's easy to get up for a game when there are 2,500 people in the stands, but we didn't have that tonight, obviously, and our kids got themselves excited and fired up anyway."

The Red Raiders had plenty of success in the early going, outshooting their opponent 13-5 in the first period. The first goal of the game for the team came about 3:30 into the first period. Ben Wines netted a goal on a power play, giving the team a 1-0 edge. They kept going and with 7:13 left in the period, Mike Izzo doubled the team's lead. It was his first of a team-high two goals in the win. His second goal came with just 27 seconds remaining in the period. The other player to light the lamp for the Red Raiders in the rivalry game was freshman Tyler Kelly. He did so with 3:51 remaining in the first period, giving

his team a 3-0 advantage.

At the end of one period, the Red Raiders led 4-0. That was all of the goals they needed to win the bout. They would not score again after that.

In the second period, the Quincy Presidents had a few scoring chances, but Red Raiders goaltender Asher Wines managed to curb the threat.

With about six minutes left in the period, a Red Raiders penalty gave the Presidents a power play, but NQ prevented them from scoring. As time expired in the second period, the Presidents had a second chance scoring opportunity, but couldn't capitalize as Wines made the save.

One period later, however, the Presidents did capitalize on a power play chance. A penalty against the Red Raiders with about 5:18 left in the game gave the Presidents another opportunity. Cameron Quigley rifled a wrist shot from inside the faceoff crease on the right side of the rink which went over the shoulder of Wines and into the top left corner of the back of the net.

However, that was the only goal for Quincy in the contest, and Gibbons said he was impressed by the play his team received from Wines.

"Asher Wines played great, and he's been our guy for four years now," he said. "He's our backbone."

With the season altered amid the coronavirus pandemic—with a shortened schedule and Hingham playing a Patriot League schedule rather than an independent one—Gibbons said his team is fortunate to not only have experience, but a slate of tough opponents to compete against.

"I think we had all been really looking forward to this year, with the 10 seniors we have, and have watched them grow and develop," he said. "I know I had been looking forward to this group's senior season for a few years, and especially after the way we finished last year, and

having everybody back. But on the other hand, we just played Hingham, and before that we played Marshfield in a scrimmage, and when would we ever get a chance to play teams like that?"

"You know it's going to be a barnburner every night," he added.

The roster for the Red Raiders this season includes: sophomore forward Vinny O'Leary, junior forward Ben Snyder, senior defenseman Ben Wines, senior defenseman Michael Collins, senior defenseman Anthony Viera, senior forward Joey Burke, senior forward Mike Izzo, senior forward Ronan Kelly, sophomore forward James Rogers, junior defenseman Michael Gorman, senior defenseman Sean Feeney, junior forward Michael Steele, junior defenseman John Lynch, junior defenseman Kevin Salmanowich, sophomore forward Noah Kearney, senior forward Declan Callahan, freshman forward Tyler Kelly, junior goalie Thomas Kelly, and senior goalie Asher Wines.

The Presidents roster this season includes: sophomore goalie Sean Halley, junior defenseman Spencer Stebbins, senior defenseman Ryan Lawten, junior forward Jerry Caldwell, junior forward Joseph Hennessy, junior forward Ronan Healy, junior forward Cooper Hernon, junior defenseman Thomas Murray, junior defenseman Zach Galligan, junior forward Daniel Pakkala, junior defenseman Daniel Andrews, junior forward Riley O'Connell, junior defensemen Tyler Larsen, sophomore forward Andrew Novak, junior defenseman Sean Andrews, junior forward Pat Walsh, junior forward Chase Quigley, senior defenseman Donovan Murray, junior forward Timmy Kelly, sophomore forward Collin Gates, sophomore goalie Tyler Holmes, junior goalie Daniel Freeman, sophomore forward Cameron Quigley, and sophomore forward Will Martin.

QHS Girls' Hoop Battles Hanover, Pembroke

The Quincy High girls' basketball squad is off to a competitive start this season.

This year's team is led by captains Priscilla Bonica, Victoria Carvalho, and Bridget Gardiner, alongside head new head coach Sarah Conlon. Last week, just a few days after opening the season with a lopsided loss to Plymouth North the Presidents bounced back and came up just short of winning two competitive matches against Hanover (43-51), and Pembroke (30-33). Although their record

may not show it, this week proved there's a lot for the young Quincy team to be excited about this season.

Rebounding kept Quincy in the game against Hanover (Jan. 5) with big efforts by Caroline Tracey and Antennella Ibrahim, combining for 26 rebounds. Quincy is already seeing contributions from their younger players as freshmen Paige Mann, Autumn O'Campos, and Mary Saccoch contributed with a combined 22 points in the game.

On Jan. 8th Quincy fought until the end in a

competitive game, coming up just shy by 3 points against a veteran Pembroke team. Quincy's enthusiasm both on the court and off fueled them to hold Pembroke to just 4 points in the second half and QHS dug itself out of a 16 point hole. Priscilla Bonica and Caroline Tracey had significant contributions, combining for 15 points and 18 rebounds.

Quincy travelled to Duxbury Tuesday (Jan. 12) and host Plymouth South for senior night on Friday (Jan. 15), both games will be live streamed.

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Time To Reconsider Sheriff's Role, McDermott Says

Cont'd From Page 1

opportunity to embrace his role as being the county's chief public safety officer, "to be a real and relevant resource for every community in Norfolk County."

"Public Safety is more than putting criminals in jail. It has to be, and we all know it," he said. "Public Safety means creating an environment where everyone in a community is safe to live, grow, and thrive. These are the principles I believe in and that will guide my mission as your Sheriff."

"Whether it's crime on our streets, the Opioid Crisis, a natural disaster, or a public health emergency like COVID-19, the Sheriff's Office can serve a critical role in coordination across our 28 cities and towns. It is my goal to be a county-wide resource which works with communities to help solve the challenges we all face."

"I look forward to starting the difficult but important work of making sure that everyone in Norfolk County feels safe — safe from crime, but also safe from threats to our economic security, our health, our livelihoods, and our ability to seek out opportunities for success and happiness. As Sheriff, I pledge to work alongside you — leading by learning, living, and serving — to ensure that Norfolk County is a place of safety and security for everyone."

"Prevention, intervention, education and hope, McDermott added, "are the keys to a safer, stronger, and more secure Norfolk County."

"In order to prevent crime, we need to address the systems and problems that set people up to make desperate choices in the first place. Poverty, drug addiction, systemic racism, housing and food insecurity, and more are holding too many back, forcing people to make impossible decisions. If we can work to alleviate these conditions, we can help people on the path toward making better decisions," McDermott said.

"Effective public safety programming must focus on helping youth learn the importance of making good decisions that set them up for productive lives in adulthood. This is why I am incorporating a robust youth programming plan in my priorities as Sheriff. This includes expanding the offerings of the Youth Leadership Academy to make it a resource for all Norfolk County youth and young adults and developing a strong mentor program to give our youth positive role models in their commu-

nities. When we give our youth the opportunities to be leaders and envision bold futures for themselves, we give them the opportunity to incorporate hope into their lives and help them make positive choices.

"I know, though, that some people — including young people — will still make mistakes. We must intervene early to make sure that one mistake does not become a lifetime of bad decisions. I will be partnering with local community organizations, trade unions, and educational institutions to make early interventions in the kinds of threats to public safety — including housing insecurity, job insecurity, drug addiction, and more

— that lead people to make poor choices. And when people do make poor choices, I will make sure that we are there early to help them understand the impacts of their decisions and develop the skills and pathways to make better ones in the future."

McDermott said the events of the past year have made it clear that systemic racism presents a threat to public safety.

"Many have rightly called for racism in our communities to be treated as a public health crisis, and I agree. And I also see it as a public safety crisis. After all, we cannot talk about public safety if the public

Cont'd On Page 18



NORFOLK COUNTY Sheriff Patrick McDermott (left) takes the oath from Norfolk District Attorney Michael Morrissey at his swearing in ceremony Jan. 6. Looking on is Sheriff McDermott's wife, Tracy Wilson. Courtesy Photos



NORFOLK COUNTY Sheriff Patrick McDermott with members of the Norfolk County Sheriff's Office Honor Guard, District Attorney Michael Morrissey, and his family: wife, Tracy Wilson, and children Alana and Adam.



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"PREVENTION, INTERVENTION, EDUCATION and hope are the keys to a safer, stronger, and more secure Norfolk County," Sheriff Patrick McDermott said in his remarks after being sworn in Jan. 6.

Courtesy Photos



NORFOLK COUNTY Sheriff Patrick McDermott with Suffolk County Sheriff Steven W. Tompkins and the Norfolk County Sheriff's Office Honor Guard at McDermott's swearing in ceremony Jan. 6 outside the Correctional Center in Dedham.

Time To Reconsider Sheriff's Role, McDermott Says

Cont'd From Page 17

doesn't feel safe," he said.

"This is why I will be initiating a series of conversations and listening sessions throughout Norfolk County to help us understand how systemic racism functions and how it impacts people of color. From these discussions, I hope to lead the county in developing concrete, data-driven, and results-oriented solutions to make sure that each and every one of us feels safe in Norfolk County and we rebuild positive relationships with law enforcement."

In addition, McDermott said he was committed to assisting those with substance-use disorders.

"We must also be vigilant about the threats posed by opioids and other addictive substances," he said. "As Sheriff, my focus will be two-pronged: first, by helping those who suffer from addiction by providing support, resources, and rehabilitation; and second, by also addressing the root causes of hopelessness, financial insecurity, and lack of community support that often lead people into addiction in the first place."

"Addiction must be un-

derstood as not just an individual issue but a community problem, which means that we must solve it by focusing on building strong, resilient communities and establishing tight-knit networks of support."

The sheriff said it was also important to provide those in the county jail with a sense of hope as part of the rehabilitation process.

"Finally, for those who enter the House of Correction, it is critical that we establish a sense of hope, for without hope — hope for a productive future outside of jail, hope for connection to their communities, and hope for resiliency — inmates are much more likely to reoffend," McDermott said.

"It is critical that inmates understand that they are still part of their communities, even if they are serving time for their crimes. This is why my focus on rehabilitation will involve preparing inmates to be successful outside of the jail while also

helping them understand the importance of contributing to their communities. By combining skills-based training through partnerships with labor unions and educational institutions with civics-based investments in helping inmates take part in improving their communities through registering to vote and volunteering and giving back to their neighbors, we can set both inmates and their communities up for success when they leave our care."

"When people see themselves as a part of a community and when they see that their community cares about them in return by connecting inmates with services and support they need, then they are more likely to make decisions that improve their own conditions and that, as a result, builds trust, cooperation and safety in our communities."

"If we refuse to accept those who have made mistakes back into our com-



SHERIFF PATRICK McDERMOTT signs papers to become the 23rd Norfolk County sheriff after being sworn in by Norfolk County District Attorney and fellow Quincy Democrat Michael Morrissey (right).

munities, then we cannot expect them to act in ways that support us in return."

201 Apartments Proposed In Quincy Center

Cont'd From Page 10

by for an Italian restaurant there," he said, noting that several popular Italian restaurants in the city, including Alfredo's and the Villa Rosa, have closed in recent years.

"I'd love to see them have a beautiful Italian restaurant at the Masonic Temple. I think it would be a good idea. I like the idea of restoring the front of it, it has some character, people might be drawn to come into Quincy and go out to dinner."

"I'm hoping they come up with something nice. I think that will be a nice idea up there and help that area in regards to getting that eyesore at the back of the Masonic Temple cleaned up and really, really bring some life to that Citizens Bank building, which will be to-



FOXROCK PROPERTIES plans to restore the front facade of the Masonic Temple at 1170 Hancock St., which would house a restaurant, and create a six-story addition with 66 apartments in the rear as part of a larger proposal to build 201 apartments in Quincy Center. The Planning Board was set to hold public hearing on the project Wednesday.

Rendering Courtesy FoxRock Properties

tally taken down."

FoxRock, he added, wants to work with residents to identify what kind of re-

tailers could move into 1200 Hancock St.

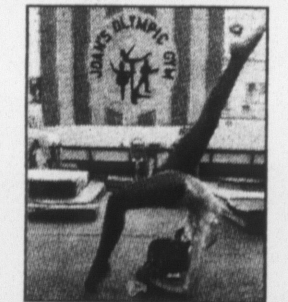
"We've had numerous conversations and they are

open to suggestions from the neighbors," McCarthy said. "I want to make sure I keep saying that if the neighbors

want to make a suggestion on who FoxRock might get in for retail."

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NQ Polar Plunge Benefits Family Of Chris O'Connor

The inaugural North Quincy Polar Plunge was held on Jan. 1 in memory of Chris O'Connor of Squantum who passed away unexpectedly in 2020. Proceeds from the event will benefit his family.

"All we really wanted out of the day was for everyone to come together and

support a family who has suffered a huge loss and I think we did that together, the way we always do," said organizer Danny Gilmartin. "It was a great way to kick off the year with a sense of community, helping others, and I hope it's a tradition we can continue."



NORTH QUINCY Polar Plunge organizer Danny Gilmartin and volunteer Stacey Lemay.

Photos Courtesy Tracey Pierce Dooley



NORTH QUINCY High School varsity football head coach Ryan Craig shows his spirit plunging in Wollaston Beach for a worthy cause.



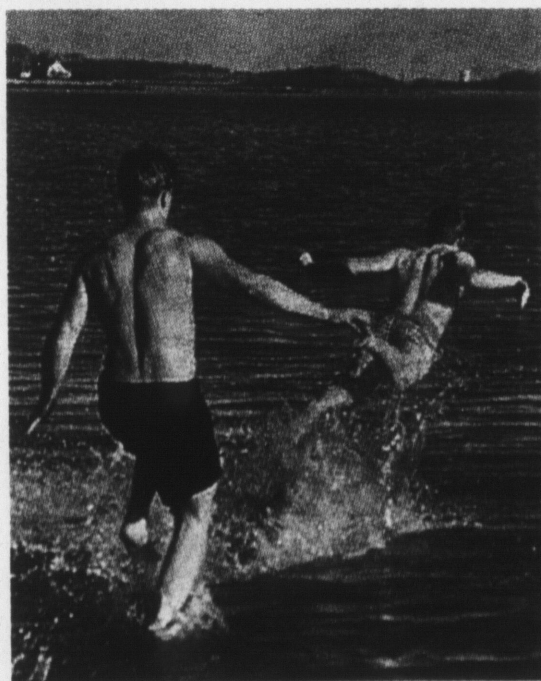
AMONG THOSE participating in the North Quincy Polar Plunge were members of the O'Connor family. From left to right: Haley O'Connor, Brendan O'Connor, Mary Beth O'Connor and Siobhan O'Connor.



POLAR PLUNGERS make a splash for a good cause on Jan. 1 - taking a dip to raise money for the family of the late Chris O'Connor of Squantum who passed away unexpectedly last year.



JAN. 1 was a banner day for North Quincy football player Cooper Hansen and all those who turned out to support the inaugural NQ Polar Plunge that benefitted the family of Chris O'Connor.



NORTH QUINCY football player Brendan Hines takes the plunge!



COUNCILLOR-AT-LARGE Noel DiBona and son Tyler came out to support the NQ Polar Plunge.

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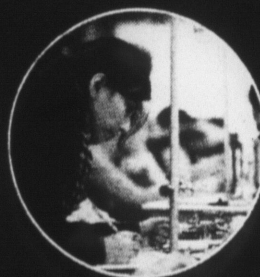
Martin Luther King, Jr.

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-Martin Luther King, Jr.

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admissions@quincycollege.edu, 617-984-1710



IN MEMORIAM

“During this past year, we have experienced unprecedented times. As a community, we had to deal with the Covid virus and all its implications. It was equally challenging for the families of our City. When loved ones got sick, restrictions prevented a visit. When loved ones passed away, restrictions prevented traditional funeral services. On the following pages is a list of Quincy citizens who were called home to God.

We remember them and honor their memory,
for we are a better community because of their lives.
May they now share in their eternal reward and may
their souls now rest in God’s peace.”

- Thomas P. Koch, Mayor



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Quincy honors those we lost in 2020

John Kelly *	Robert Donahue	Pauline Potts	Claire Holbrook
Steven Range	Joan Jones	Jane Flynn	Helen Bevacqua
Carlos Dos Santos	Gordon Simmons *	Kathleen Grennon	Katherine Dwyer
Corinne Dwyer	Phyllis Atkinson	Richard Martell	Elisa Lusetti
Carol McGovern	Louise Fleming	Janet Howard	Shohreh Ghasemi
Kwok Wong	Cheryl Means	Laiping Lau	Mario Malvestuto
Donald Davison	Arlene Mattie	Gang Wong	Patricia Plaziak
Michael Lerner	Gail Monteiro	Edward Flaherty *	Judith Tracy
Pi Lin	Christopher Belgrave	James Miller	Ethel April
Elizabeth Rideout	Warren Woodward	James Stratton	Francis Murphy
Julia Baumeister	Gilda DiMascio	Russell Forte *	Louise Reilly
William Bennett	Georgia Tonry	Maureen Hoban	Albert Dibella
Albert Bernat	Donald Hansen	Brooks White	Ching Wen Lee
Wanxian Li	Patricia Casey	Elizabeth Banks	Keith McMahon
John Squires	Kam Ho	Joan Fales	Robert Patcha
Ping Tsang	Bernadette Tangney	Marie Haddix	Lawrence Rasky
Catherine Grindle	Fred Connelly	Rodney Proffit	Arthur Crisafulli
Ellen McDonald	Adam Dickinson	Jacqueline Madden	Lung Pham
James Russell *	Claire McArdle	Shana Cobban	Gene Foran
Celine Chang	Thomas Cheney	Alfred Dubois *	Ethel Merrigan
Barbara Jones	Sharon Conlon	Philomenia Figliolini	Kathleen Reardon
Barry Curhan	Lynn Thompson	Pauline Waldron	Kathleen Clifford
Erik Dickinson	Helen Casey	Ann Clasby	Rita Knecht
Clinton Hunter	Edna Thompson	Jingao Kuang	Stephen Richman
Jennie Kaizzi	Margaret Coughlin	Mary Newton	Bernadeta Karosas
Katherine Foley	Mary O'Connell	Paul Kelsch	Francis Barter
James Joyce *	Margaret Walsh	Enid Lubarsky	Mary Kennedy
Evangelos Souliopoulos	Lavone Beebe	Patrick Walsh	Donald Kennedy *
Joseph Flanagan	James Kelly	Hunter Compton	Myslim Kurdari
Frank Hendry	Michael Lemke	Richard Lesperance	Florence Steeves
Weifu Chen	Benyao Li	Sang Chieng	Anthony Feil
Jean Grayken	Wayne Parlee	Ruth Lombari	John McDonough
Rose Kennedy	Maryann Flukes	C. Racicot	Michael Hopkins
Catherine Lally	Amelia Princiotta	Lois Roche	Grace Horrigan
Russell Erikson *	Phong Tan Kieu	Patricia McIntyre	Stephen Mahoney
Ki Yu Chu	Linda Montillio	Michael Scanlon	Chun Mak
John Loughrey	Antonio Mortel	John Collins	William Ryan *
Luzia Brandao	John O'Driscoll	Gerald Cooney *	Andrew Wong
Cecelia Garvan	Richard Reynolds	Mary DeStefanis	Andrzej Wyganowski
Frederick Seeley	Edward Marino	Marilyn DiPalmo	Rose Ferris
Ruth Dobbie	Rachel Rivera	Rongjin Zhang	Patrick Kenny
Marcelle Mercadante	Alice Tullish	Alice Crane	William Lambert
Robert Corbin	James Titus	Barbara Driscoll	Donna Lapenna
Yolanda Baker	Todd Cramer	Eleanor Flynn	Elena Mackenzie
Leonora Bonelli	Barbara Murphy	Nancy Lancaster	John Crosslin
Richard Houle	James Robbins	Temperance Snow	Hugh MacLeod
Angela Wong	Christine Sorenson	Florence Cerullo	Joseph Dimaggio
Judith Batts	John Leung	Thomas Cummings	Ferdinando Mauro
David Hogan	Gregory Olson	Richard Hutt	Mario Teixeira
Jean Quinn	John Riquelme	William Smith	James Tierney
Mary Sophis	Joanne Ryan	Keith Welch	Harng Yee
Guy Bush	Thanh Tran	Nellie Cirillo	Carl Jacobson
Dingfen Chen	George Wong	William Egan	Yuxin Kuehl
Patricia Hines	Ann Halloran	Laureen Reilly	Christopher Burr
Dorothy O'Brien	Cynthia Pedriali	David Verrier	Daniel Dewey *
Lisa Pham	Francis Salvati	John Ferrara	Henry Dunican
Herman Borkowski	Paul Foster	David Holden	James Hogan
William Enos	Miltiadis Kelepouris	Bruce Pointer	Agnes Mullay
Avi Friedlich	Matthew Roper	William Reid	John Ricciuti
Jayne Lee	John Bouzan	Mary O'Malley	Ronald Thomas
Eugenia Pascale	James Cox	Jean Lewis	Jong-Hsin Hong
Lai Wong	Gaetano Garofalo	Yifeng Wu	Margaret McLeer
Marguerite DiPaolo	Michael Kelley	Giannoula Lymberopoulos	Paul McMahon
Dorothy O'Brien	Brian O'Hearn	Yahya Adam	Rachel O'Neill

Quincy honors those we lost in 2020

William Rice
Geraldine Spillane
Louis Thompson
Eileen Burke
Ivy Culkin
Roy Richards
William Stevenson
Josephine DeLongo
Abigail Gilliard
Sarah Hassona
Duc Ma
Kurt Schlicht
Louis Swank
Chiu Yip
Frank Atchison
Yoke Choi
Joan Forrester
Arthur Gulinello
Edward Mack *
Alvin Shaw
Derick Jordine
John Mahoney
Eleanor Salvati
Sandra Wilcox
Anh Huynh
Francis Jackman
John King
Janet McCaughin
Trevor Rance
Sui Wong
Edward Czech *
Louis Weiner
Michelle Bickford
Margaret Ebbs
Julia Flaherty
Shoo King Lee
Yangqiu He
Kevin Johnson
Linda Lindenberg
Mary Maher
Mary Maloney
Hoa Ngo
Joseph Waldron
Anna Cutter
Man Li
Huixiang Li
Katherine Spring
John Sugrue
James McGloin
Beverly Parchen
Nancy Wong
Carol Butler
Claire Katz
William McIntyre
Fook Ng
Chiew Chung
Alfred McManama
Priscilla Pulgini
Wiesia Sullivan
Josephine Cangemi
Hui Ying Chen
James Lyons *
James Stevens
Susan Holland

Agnes Iwanow
David Johnston
Patricia Mahoney
Michael Shaheen
Zhou Shi
Quan Tran
Joseph Lencki *
Francis Puccia
James Shea
Joan Sullivan
Vincent Yucas
Rosemary Davis
Ruth Flynn
Anne Jennette
Qinian Liang
Mizell Morgan
Henry Wong
George Abdallah *
Beatrice Blake
Hans Freyer
Thomas Liu
Feng Liu
Feng Lu
Stephen Panarelli
Paul Sims
Salvatore Arini
Rosalie Dirico
Bing Ruan
Manya Gaiardelli
Robert Hall *
Randall Manley
Richard McGee
Patricia Trotman
Vincent Villard *
Samuel Warnick
Sai Chu Yu
John LeBlanc
Hsien-o Cheng
Choiha Ng
Eugenie Augustin
See Chiu
Anthony Donatella *
Joan Kennedy
Ji You Li
Gregory Rector
Sang Su
Joann Yee
Brian Farrell
Marites Gonzales
Lai Hing Moy
Gertrude Reade
Filomena Ricci
Dennis Rogers
Ho Seto
Franklin Tucker
Chung Wong
Valerie Caldas
Virginia Capilli
Fay Fahey
Geoffrey Patterson
Gerald Ross *
Daniel Dennehy *
Ferenc Lakatos
John Sloane

Zong Zeng Zou
Linda Shuman
Janet Weisenberger
Raul Bibilonia
Yik Chen
John Clark *
Robert Derbes *
Ersilia DiRamio
Shirley Gilbody
Vasileios Kyriakidis
Yok Yen Lee
Anne Wallack
Laura Donnell
Edith Estilien
John Hartmann
Richard Leeping
Carol Nichols
Robert Oetheimer
Kathleen Park
George Stedman
Jeremiah Hanlon
Big Tam
Joseph Fratolillo
Amanda Holt
Dorothy McGrath
Mary Pratt
Frances Regan
Donald Robertson
Norma Tuori
Jeannette Leone
Stanley Picarski *
Alan Tropeano
Marilyn Van Dijke
Norma Murphy
Jodi Best
Paul Casey
Jean Doherty
Ellen Fallon
Meri Gjerazi
Alice Hallisey
Cali Rae Ingemi
William Mills
Catherine Sullivan
Joan Sullivan
Hla Aye
Mary Cardoos
Sebastiana Kelliher
Huiting Li
Peter McLeod
Anne Marie Banko-Hingston
Jeanne Bedard
Dorothy Bricker
Robert Patrick
Sik Chu
Bruce Dyer
Thomas Goodhue
Dorothea Kane
Susan Kelly
Richard Nickerson *
Rosalie Perfetuo
Anita Ricciuti
Warren Batchelor
Frank Conti *
Gerald Loiselle *

Catherine Caldwell
Catherine Doyle
Janet Younis
Luz Gumbakis
Van Ta
James Williams
Zhifen Wu
Ruth Yoder
Evelyn Betro
Farris Hanna
Jose Andrade
Waltraud Freyer
Diexiao Huang
Mary O'Brien
Nancy Ramponi
Somyot Suktheva
Alice Tuff
Leo DePolo *
Margaret Foley
Susan Huskins
Michael Mahon
Janice Neubauer
Patricia Neuman
Edward Amor
Frederick O'Brien
Deborah Zakhary
Helen Tracey
Fred Abdallah
Elizabeth Grant
Git Pang
William Gauthier
Gertrude Renda
Tai Wong
John Barr *
Wincenty Gil
Cheuk Lau
Patricia McIver
Tu Nguyen
Edna Nichols
Mary Duross
Lorraine Whalen
Vincent Cristiani *
Deirdre Farrar
Cecilia Kenneally
Mabel Lombardo
Jie-Kai Yang
Chien Zeng Szeto
Tam Le
Rita Mayfield
Edith Palumbo
Guy Schipellite
Susan Washington
Brian Kawdji
Carlo Casseus
Gan Toy Lee
Peter Sorgi *
Margaret Woodward
Thomas Bradley
Zita Jackson
Christopher Morrissey
Joanne Clancy
Jean Genereux
Michelle Jones
Kam Lee

* Veteran

Quincy honors those we lost in 2020

Paul Wong
 Maria Eleuteri
 Marie Gee
 Elizabeth Giacomino
 Frederick Renna
 Teresa Travers
 Mary McDonald
 Pasquale Mucci
 Joan Regal
 James Dalton
 Frances McCaffrey
 Xueliang Lin
 Margaret Bell
 Patricia Hanson
 Robin Krystyniak
 Stephen Peterson
 Elliott Whyte *
 Raymond Williams
 William Linskey
 James Reilly
 Brenda Wolfe
 Kenneth Boyce
 Xiu Qin Jiang
 Sze Szeto
 Brian McDonald
 James Moran
 Paul Canavan
 Donald Leonard
 Lai Mee Leung
 Patrick McGonagle
 Lucia McGrath
 Argenis Tavaréz
 Joseph Chernicki *
 Mary Griffin
 Michael Moreau
 Kim Lee
 Michael Smith
 Leo Donovan
 Nhu Tu
 Mary Lou Burlingame
 Glen Cannon *
 David Crosby
 Carol Galiano
 Peter Karavites
 Patrick Carey
 Chi-En Lee
 Robert Powers *
 Michael Sheehan
 Margaret Callahan
 Cuc Kim Thi Ho
 Tiffany Le
 Vincenza Tortorici
 Timothy McKenna
 Loretta Palmacci
 Muriel Rapalje
 Richard Reid
 Robert Spillane
 Annmarie Howard
 Louis Casciello
 Joseph Fitzgerald
 Robert Graham
 Mary Crowley
 Victoria McNeil

James Bruce
 Deborah Moffett
 Julie Fisher
 Michael Graichen
 Raymond Thorpe
 Frederick Grafton
 Linda Brassard
 Lauretta Todesca
 Walter McGinley
 Michael Hassan
 Frank Houlihan
 Marie Hughes
 Richard Siebert
 Frank D'Andrea *
 Alice Norman
 Amanpreet Singh
 Kevin Sullivan
 Brian Jennings
 Richard Kenneally
 Catherine Ronan
 Ronald Scanlon
 John Stephens *
 Chor Wong
 Nicholas Plante
 Donald Sargent
 Guri Lubonja
 John Morgan
 Stephen Ziolkowski
 Lawrence Tose *
 Nancy Bell
 Anne Clary
 Mary Houghton
 Marilyn Jacobs
 Joan Patterson
 Mary Jane Tong
 Carolyn Carroll
 Brian Duffy
 Nicholas Karatarakis
 Charles Kabilian
 Julie Cusack
 Elizabeth McGonagle
 Marsha Bilodeau
 Esther Cinelli
 Lawrence DeCelle *
 Alex Fleming
 Dennis McNulty *
 Christopher O'Connor *
 Marietta O'Connor
 Albert Cortese
 Dawn Mason
 Samuel Pulgini
 Angela Walker
 Suijin Liu
 James Pontes *
 Thomas Williamson
 Binh Tran
 Alenna Zdankowski
 Dorothy Orbach
 Dorothy Sacchetti
 Xiao Shi
 Arthur Welliver
 John Connor
 Jawara McIntosh

Sally Murphy
 James Bouchie
 Marcey Bordenstein
 Nancy Chamberlin
 Gerald Ferrara
 Robert Hoyt *
 Helen McQueen
 Robert Norton
 Gary Freeman
 Henry Gatto
 Edith Leone
 Zhuoquan Tan
 William Carlson
 James Clary
 Carolyn Reardon
 John Dewey
 Ethel Kelley
 Dorothy Colgate
 Ellen Murphy
 Glen Lawrence
 Robert Marshall
 James Doiron
 John Gillis
 Jean Murphy
 Lisa Serino
 Wesley Marshall
 Jeremy Riley
 Joseph Smoot
 Alfred Young
 Lena O'Neill
 Josephine Tinney
 Xiu Mei
 Rong Zeng
 Peter Booras
 Dorothy Farrell
 Valerie Jackson
 Oonsit Yeo
 Lovenson Pierre
 Taylor Ahern *
 Kevin White
 Ruby Cherwek
 Rosemarie Marrone
 Keith Norton
 Patricia Savage
 Patricia Conway
 Lois Green
 Ernest Cairns
 Lai Peng Leong
 Joanne Owens
 Loretta Wallace
 Alexander Makrovsky
 Patrick Malloy
 Jie Tam
 Paula Younie
 Patricia Gibbons
 Patricia Mitchell
 Thomas Bowes
 Ty Brooks
 M. Collins
 Thomas Ebrecht
 Man Lam
 Mary Ridge
 James Wiedemann

Maureen Cray
 Ruth Kan
 Minh Le
 Scott Bradley
 Phyllis Cassano
 Lucy Gagliardi
 Alice LeBlanc
 Bernadette Toomey
 June Gibbons
 David Luu
 E Ann Paradise
 Thomas Perry
 Susan Clark
 Virginia Gibling
 Sofika Marko
 Edilia DiStefano
 Donna Harrington
 Samuel Falco
 Elinor Aleixo
 Marion Callinan
 Adel Shalhoub
 Willie Calderon
 Matthew Danick
 Seppo Pakkala
 Jennie Pentz
 Carol Carver
 Nicola Russo
 Arlene Siefcak
 Rosalia Gutierrez Pina
 William Nee
 Diane Lambros
 Forbes Kelley *
 Anna Neudorfer
 Dieu Van
 Barry Curran
 David Ring *
 Nuala Donnellan
 Stephen Fortune
 Patrick Mannion
 Geraldine Murphy
 Maureen Galewski
 William Egan
 Kristin Martin
 Patricia McKenna
 Francis Hogan
 Sui Szeto
 Michael McNeice
 Yakov Fonarev
 Leonard Lurye
 Sigursteinn Vigfusson
 Anthony Balzano *
 Charles Gaziano
 John Dellamano
 Shirley Hennessy
 Judith Dussault
 Gloria Littlejohn
 Xin Nguyen
 Barbara Znajmiecki
 Paul Hastings
 Richard Walsh
 Ayomide Amodu
 Maureen Dunford
 Paul Kobzik

Quincy honors those we lost in 2020

Joseph LaRaia *	Mary McDonnell	William Kerrigan	Debra Williams
Patricia Lawlor	Nellie Dryer	Ardes Burnes	Robert Feeney
Tai Lee	Shirley Fonseca	Elizabeth Gould	Karen Garrity
Virginia Lewis	Ralph Richardson *	Constance Ripley	Nga Nguyen
Margaret Doyle	Bixia Liu	Fred Holler	John Keane
William Murphy	Hao Situ	Zaidee Wigandt	Francisco Rizal
Augustus Palaza *	Wai He	Catherine McDowell	Lorraine Rooney
Josephine Mattina	Lynne Fountaine	Hong Nhan Vo	Tai Wong
Richard Wells	John Greene	David Andrew	Paul Shea
Hazel Goodman	Julian Hamilton	Jean Kane	Henry Miller Sr.
Joseph Taglieri	Catherine Hunter	Louis Doherty *	John Wilkins
Daniel Hernandez	Jane Fenton	Shing Yueng Lee	You Song
Sway Chan	Marie Marini	George Marinopoulos *	Helen Lane
Jeremy Smith	Lawrence Norton *	Gail Mayberger	Barbara Hewitt
Elaine Beguerie	Paul Doocey	Bruce Wyman *	Mary McLaughlin
Iakovos Giannakakis	Vincent Flaherty	Bernard Hanlon *	Joseph Perry
Denise Key	Lien Le	David McDonald	Helen Woods
Jesse Sweatt *	Charles Clifford *	Walter Clare *	Janet Briggette
Lisa Cosgrove	Frances Hoskins	Kam Pang Shum	Ellen Hannaford
Theresa Kelley	John Marlborough	Ruth Albanese	Robert Ranton Jr. *
Claire Bartkus	Ramin Mojabi	Joseph McGillicuddy Jr.	William Colby Jr.
Vuong Hong	Paul Pike	Marcia Ramsay	Xiu Ye
Aquilino Sol Lopez	Geraldine McNealy	Salvador Maldonado	Garrett Reynolds
Dorothy White	Amy Leung	Theresa Davis	David St. Peter
Frank Foley	Maybelle Rowell	Yan Lin	Janet Williams
Milagros Marmol	Quan Zhong	Vilma Trimper	Allen Cameron *
Rosemarie Quigley	Evelyn Erickson	John Forbes *	John Doherty *
Amanda Boyd	Michael Spitz	Doris Reekie	Bok Kim
Sean Davis	Bing Szeto	Phyllis Williams	William Murphy
Athena Pappas	Alan O'Sullivan	George Dlott	James Ryan II *
Tony Arghand	Barbara Carey	Brenda Simone	Sarah Tobin
Gam Hui Chin	Norma Alibrandi	Gloria Federico	Richard Carnali *
So Kuen Le	Lawrence Greenberg	Leslie Garner	Melvin Needel *
Sandra Oates	Theresa McLaughlin	Ruth Kunsain	Joseph Murphy
Anna Buckley	Maria Sceppa	Elinor Quigley	Robert Reynolds
Joseph Donohue	Linda Phipps	Irene Tracy	Joan White
Glen Munn *	Robert Hemphill	Anne Herbert	Judith Alexander
John Gartner	Patrick Hennessey	Harold Hutchings Sr. *	Vanthulla Butka
Yi Li	Gladys Muse	Yuck Louie	Paul Courtney
Elizabeth Higgins	Yinying Qiu	Lorraine Tobias	Bridget Driscoll
Kenneth Jordan *	Miao Qun Rong	Kristen Finn	Michael Haendler
Darell Rose	Katherine Callahan	Charlesetta Pagan	Ramon Skaff *
Leonard Harding *	Blair Dreyfus	Jacqueline Curry	Joshua Travers
Catherine Stevenson	Marie Gardner	Mary Hagan	Manuel Horvitz
Mildred Cremo	Yuk Hui	Arthur McIntosh *	Patricia Norton
Charles Foster	Thomas Giovanniello	Harold Mulqueeney *	Paul Allen *
Kathleen Leahy	Paul Leonard	John Mahoney *	Russell Dupuis Sr. *
Emilie McIntyre	Ruth Mahoney	Gerard Strungis	Edmund Fisher
Joseph Diamond	Jimmy Devarie Conde	Louise Bailey	Zhaquan Wu
Jennifer Wynands	Daniel Suter	Jacqueline Gardner	William Doherty
Dorothy Bilodeau	Salvatore Coscia	John Petrishen	Barbara Godfrey
Eleanor Cleveland *	Calvin Martin	Philip Strungis	Richard Hearn
Paul Johnson *	Andrea Leiblein	Michelle Belcher	Elizabeth Mulkern
Susan McGowan	Maryjane Johnson	Dorothy Crovo	John Gulizia *
Florence Counihan	Gim Lee	Guy Phillips	Victor Moquin
Eduardo Fontes	Muk Li	Marilyn Vardaro	Albert Stober *
Barbara Gogan	Cheng Shi	James Wang	Abigail McGregor
Barbara Hennelly	Martha Hickey	Josephine Karari	Lester Libby Jr. *
Beatrice Kanelos	William Lewis	Edward Krause *	Karen Powers
Virginia Mahoney	Ruth McNulty	John Lyons *	Margaret Previte
Irene McMullen	David Mullen	Margaret Segerstedt	Clyde Sharp
Courtney Jones	William O'Connell	Mary Uvanitte	

This information has been compiled by the City of Quincy Clerk's Office.
The information includes all current Quincy residents who have died in Massachusetts in the year 2020.

City Coping With COVID-19 Surge

Cont'd From Page 1
her pending departure at Monday's meeting. The first confirmed COVID-19 case in Quincy was reported last March. On

Quincy, North Hockey Programs On 10-Day Hiatus Following COVID-19 Guideline Violations

By SCOTT JACKSON
The boys' varsity hockey programs at Quincy and North Quincy high schools will both go on hiatus for ten days for violations of the state's COVID-19 guidelines.

Supt. Kevin Mulvey, in a letter to the school community dated Sunday, said photographs taken during the teams' game on Saturday showed players were not properly wearing masks and not keeping the appropriate distance from each other.

"Since last spring, Quincy Public Schools administrators and principals have worked tirelessly with the Quincy Health Department to develop protocols and procedures (including contact tracing) that allowed us to safely re-open Quincy Public Schools this past September," Mulvey said in his letter.

"Information about social distancing and mask-wearing has been shared repeatedly at School Committee meetings, parent forums, staff meetings, on the Quincy Public Schools website, and in communications from my office and the schools.

"It is with great disappointment that I viewed the pictures posted on a local newspaper website and social media last night following the Quincy vs. North Quincy Varsity Boys Hockey game. In multiple photographs, student athletes were not wearing masks properly and not keeping appropriate distance from each other."

Based on those photographs, Mulvey said both varsity programs would be placed on hiatus until Jan.

20 to ensure there is no possibility of COVID-19 transmission.

All players and staff, he said, have been advised to quarantine during the 10-

day period and seek COVID-19 testing. Players on the teams who are enrolled in hybrid programs will be required to learn remotely during that time.

Parent Expresses 'Outrage' Over Hockey Suspension

On behalf of the Quincy and North Quincy parents and players, I would like to express our outrage based on the recent edict to suspend high school hockey. Besides the immoral and unethical aspects of cutting sports out of our children's life in a time where depression and suicide rates are skyrocketing, we believe this decision not only made hastily, but with the intent to harm and even "punish" those involved.

After countless failed attempts, we finally have some idea of the persons involved in this ruling. A simple question should get a simple response, but clearly the decision makers are trying to hide behind voice prompts and office assistants. No one will take responsibility of shutting us down. We demand answers.

Both teams have followed the guidelines provided by the state officials. They dress outside in freezing weather, masks are worn constantly, separate water bottles are used, and players spend minimal time with other persons outside of team practices and games. No guidelines have been broken, but Superintendent Kevin Mulvey, who initially refused to take responsibility of his ruling, seems to be unbothered.

We also do not know

the reasoning behind the edict. In the calls that do get answered, we hear an endless go around with no real answer... "What specific protocol did they violate?" We are yet to get an answer. The superintendent has since based his action on a few photographs of the seniors from both teams. Although the frame lasted less than 30 seconds with masks immediately worn after the picture, Mulvey believes this photograph is enough to rip one of the last remaining pieces of happiness from kids who are spending their school year online. Although outside of his area of expertise, Mulvey is severely uninformed of Covid guidelines. The kids cited in the photograph were immediately separated in far less than the 15 minutes of which the CDC warns of.

For the reasons mentioned above, we firmly believe that those who issued this suspension did so with pompous and malice. Our most essential questions have not been answered, and our kids are watching their already shortened season be cut 25% by those completely severed from the anguish they are causing our children.

Kristen Kindred
Mother of two
NQHS hockey players

Monday, Jones said the total number of cases had grown to 5,292 as of Monday.

Of the total cases, 1,323 were active and nearly 3,800 have recovered. The death toll from the virus stood at 141 as of Monday. Most of those deaths occurred early on during the pandemic.

"We are not experiencing, thank goodness, a lot of people dying right now. Most of those 141 deaths were in the beginning of COVID," Jones said. "A majority of those were nursing home patients when COVID first began."

The city has seen on average 60 to 65 new cases per day recently, Jones stated. Last spring, the city was getting 40 to 45 new cases a day.

"Quincy, like every other city in Massachusetts, has been experiencing a surge in cases," Jones said.

The surge began last fall and cases grew even more after major holidays, starting with Thanksgiving.

"We were in a surge to begin with and then we hit the holidays," Jones said. "There was a bit of a post-Thanksgiving Day surge. We also had a post-Christmas/New Year's surge, which is what we're still experiencing now."

The brunt of new cases has been among residents between the ages of 20 and 40, she added, whereas previously the majority of cases were individuals in their 60s and 70s. More cases have also been confirmed among those under the age of 18 of late as well.

"Particularly with the holiday surges, we have seen an increase in cases age 18 and under but I am happy

to say that we have not seen an increase in transmission within the school system," Jones said.

Much of the spread in recent months has been within households.

"We're getting four, five or six people in the same household testing positive. Mom and dad test positive then all the kids test positive, or vice versa," Jones said. "We've seen that kind of trend for a long time and we're really matching up with other cities or towns that surround us that are having the same types of instances of total families testing positive."

"We do see clusters of cases in Quincy - some in businesses and we do see clusters after certain gatherings."

Quincy remained in the red on the latest weekly report from the state Department of Public Health on Jan. 7, with a positivity rate of 8 percent on COVID-19 tests over the prior two weeks. Jones noted Braintree had a positivity rate of 7.7 percent on the same report, while Weymouth's positivity rate was 11.8 percent.

"We're right in the middle of that and obviously we're larger than Braintree," she said. "I think we are holding our own, but we are definitely still dealing with a surge in cases."

Jones later said that some residents might be growing tired of following the restrictions in place amid the pandemic, such as requirements to wear masks and socially distance. For those residents, she said there is a light at the end of the tunnel provided they adhere to the

guidelines.

"I think nobody expected things to go this long and it's been very difficult for people to follow all these restrictions and the changes in the restrictions," Jones said.

"If you can last just a little bit longer, I think we're getting to the point where hopefully there will be some light at the end of the tunnel."

Jones said the COVID-19 vaccines authorized for emergency use by the federal government are safe and present the best chance to get back to a sense of normalcy.

"People need to understand this is an important vaccine. When my turn comes up to get it, I will get vaccinated," Jones said.

"I think it is our best bet to get some sense of normalcy back, to get some sort of herd immunity."

She added that there are extra precautions in place when the COVID-19 vaccines are administered compared to other vaccines, like the flu shot. Those getting the COVID-19 vaccines are observed for a certain period of time afterwards in the event they have an allergic reaction to the shot.

While there have been some instances of severe allergic reactions among those who have gotten the COVID-19 vaccine, Jones said they are relatively rare.

"If you look at the amount of vaccines that have been given and the amount of anaphylaxis or allergic reactions that people have had, the number is really very small," she said. "Anyone can have an allergic reaction to any type of vaccine - to any type of medicine."

Croall Resigning Ward 2 Council Seat Jan. 19

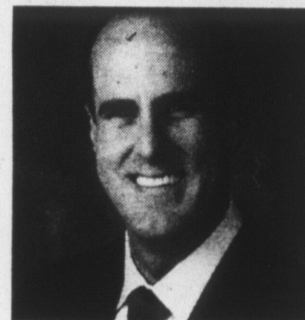
Cont'd From Page 1

"It's a tough decision, but I believe it is the right one. It will allow me to have more family time and focus my energy on some other opportunities."

Croall said he would be prepared to give his epilogue at next week's meeting and added that he is "110 percent available to help with the transition."

The City Council will have to meet within 15 days of Croall's resignation to appoint a successor who will serve the remainder of the term. The person must reside in Ward 2, which includes most of Quincy Point.

City Clerk Nicole Crispo said the council would review the procedures to fill the seating during next Tuesday's meeting. There will be a window of opportunity for interested candidates to apply in writing for the seat.



BRAD CROALL

the 2011 election, defeating Steven Perdios by 56 votes. Croall was unopposed in the 2013 election, then defeated James Connors by a 45-percent margin in 2015, and was unopposed in 2017 and 2019.

During his tenure on the council, Croall served as president of the body in 2018 and 2019. He had been the chairman of the council's finance committee for four years prior to being chosen as president.

Croall ran for county treasurer last year, but lost in September's Democratic primary to Michael Bellotti, who went on to win the seat in November.

Rumors that Croall would be leaving the council to become the director of the city's retirement system have been growing in recent weeks.

Quincy Boys' Basketball Bounces Pembroke

Cont'd From Page 16

dribbled a basketball on the Quincy High court. But he's had a basketball in his hand for as long as he can remember.

"I was born into the basketball life. My dad trained me for countless hours, day and night," Lopes said. "I knew I would be a basketball player since I was young. I live, eat and breathe basketball."

For someone that lives with a basketball in his hand, the COVID-19 pandemic

made it difficult for Lopes and anyone else who wanted to play basketball to find a way to. But he joined the AAU basketball team Hard Smart Together "HST" and was coached by Jazz Silva and Ricky Leggett through the hard times. There he competed in high level tournaments and is now carrying that to the high school hardwood as a senior this year.

And now, Dyllan Lopes and his teammates will look to continue their winning ways.

"It honestly doesn't feel like a team, more like a brotherhood. I have every one of these guys backs, and I appreciate every last one of them. Being a captain for QHS is an awesome honor," Lopes said. "Not a lot of kids can say they did that. I want to thank our great coaching staff, and my brothers. None of this would happen without them, I love those boys."

The Presidents hosted Silver Lake Wednesday and travel to Plymouth South Friday.

OBITUARIES

Paul K. Tasselari

Visiting hours for Paul K. Tasselari of Plymouth, formerly from Quincy, were held Jan. 9 in the Davis Life Celebration Funeral Home, Plymouth.

Mr. Tasselari died peacefully in his brothers' home in Plymouth on Jan. 3 after a gallant year and a half long fight with cancer.

He was born in Boston on June 21, 1957 and lived in Quincy for most of his years. He was the son of the late Helen and Kalam (Harry) Tasselari of Quincy. Along with his family, Mr. Tasselari was proud of his Albanian heritage and for many years played hockey for St. George's Albanian Orthodox Church in South Boston. He was a member of the Wollaston Boxing Club in his younger days. He was a graduate of Quincy Vocational Technical High School and went on to become a master plumber and master gas fitter.

Mr. Tasselari was the co-owner and president of Mayflower Plumbing and Heating, Inc. in Plymouth, where he worked side by side with his co-owner brother Donnie for 40 years, with never an argument. They proudly served the plumbing needs of the Plymouth area for the past 40 years, having a very loyal client base.

Mr. Tasselari had a lifetime passion for boating, fishing and hunting, and was really good at doing it all. He never came home empty handed, from any excursion. He loved the outdoors and the ocean. Mr. Tasselari was a lifetime member of the Quincy Elks and active senior lifetime member of



PAUL K. TASSELARI

the Plymouth Rod and Gun Club.

He is survived and sorely missed by his brother Andon (Donnie) Tasselari and sister-law Mary Tasselari of Plymouth; his brother John Tasselari of Plymouth; his nephews Anthony Tasselari of Bellingham and Mathew Tasselari of Lowell; and his great nephew Nathan Tasselari and great niece Alexa Tasselari of Bellingham. Mr. Tasselari leaves many good friends and relatives who loved him unconditionally. He was the kindest of men and a loyal and giving friend, who will be missed for his quiet sense of humor, strength and ability to give his all. He fought so very hard.

Interment at Blue Hill Cemetery, Braintree.

Mr. Tasselari touched many lives and will be greatly missed. We will have a celebration of his life at a time when we can all gather safely again.

Memorial donations may be made to the Cranberry Hospice of Plymouth or to the American Cancer Society.

Beatrice A. Siddens, 88

A graveside service for Beatrice Ann Siddens, 88, was held Jan. 9 at Blue Hill Cemetery, Braintree.

Mrs. Siddens died Dec. 19 following a short illness.

A lifelong Quincy resident, she was the beloved wife of the late Carl Everett Siddens who preceded her in death in 2005.

Mrs. Siddens was the third of four children born to the late Adam and Mary (Smith) McGhee, and was a 1951 graduate of Quincy High School. She was an active member of Bethany Church since 1950, where she belonged to the women's club, serving as the club's former secretary and president. She also worked as the church secretary later in life before retiring in 1994. Her interests included quilting, Red Hat Society, Community Bible Study, and classes at the YMCA.

She is survived by daughters Nancy Siddens of Las Cruces, NM, and Janice Weinberger and husband Phil of Quincy, and son Robert and wife Christine of Alamogordo, NM.



BEATRICE A. SIDDENS

Grandchildren include the Weinbergers: Stephanie and Hunter; and the Siddens: Colleen (Luna), Jared, Isaac, Diana, Brian, Nathan, Isaias, Savannah, and Aubrey. Great-granddaughters Bailey Luna and Layla Richardson enjoyed zooming with her during the pandemic. In 2015 she chose to live in Alamogordo, NM seasonally to get to know better the many grandchildren there.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Marie J. Bevacqua, 88

A funeral Mass for Marie J. (Whalen) Bevacqua, 88, of Quincy, died peacefully Jan. 6 at her home surrounded by her family.

She was born on Oct. 30, 1932 in South Boston; she was the first child of Martin and Mary Whalen and the eldest of 8 children. Mrs. Bevacqua lived in Quincy with her daughter Helen and her grandson Jason for many years.

She is the beloved wife of the late Edward T. Bevacqua. Loving mother of the late Helen M. Bevacqua. Devoted grandmother of Jason M. Bevacqua and his partner Cynthia Johnson of Quincy. Cherished great grandmother to Haley and Derek. Loving sister of Martin J. Whalen of Brockton, John J. Whalen of Squantum, William Whalen of Savannah, GA. Helen Audette of Quincy, Florence Higgins of Bourne and Rita M. O'Connell of Weymouth and the late Lillian Smith. Marie is also survived by many loving nieces and nephews.



MARIE J. BEVACQUA

Mrs. Bevacqua loved her family and will always be remembered as a wonderful mom, grandmother, sister and aunt. Rest in peace - our love goes with you. A special thank you to Mrs. Bevacqua's niece, Lorraine Curtin, for her support and guidance.

Funeral and interment services were private.

Memorial donations may be made to Huntington's disease research at Mass General Hospital, 55 Fruit St., Boston, MA 02114.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

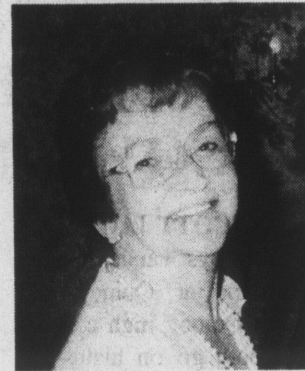
Dorothy A. Driscoll, 90

Dorothy Ann "Dottie" (McCaffrey) Driscoll of Azusa, California, died peacefully at home on Jan. 1 at age 90 surrounded by loving family.

She was born Nov. 17, 1930 to John and Dorothy (O'Brien) McCaffrey in Boston and raised in Brookline. She was a longtime resident of East Longmeadow and Quincy, and recently made her home with her son Michael and his family in Azusa.

Mrs. Driscoll was a valuable staff member for several years at Bel-Mar Insurance Agency in Springfield and later managed the office of historical restorations in Quincy. Her proudest achievement was the work she performed for the John Quincy Adams Nursing Home as receptionist/assistant activities director, often wearing many hats, and filling in where needed. Remembered most by staff and residents for her tireless efforts and volunteerism on behalf of the nursing home, and for the birthday parties she planned and coordinated for each resident - always making their day memorable and special. After retirement, Mrs. Driscoll continued to maintain close friendships with many of her nursing home co-workers.

To know Dottie was to love Dottie. The matriarch of a large extended family - affectionately known as "Auntie Dottie" by her many adoring nieces and nephews. Mrs. Driscoll was kind, generous, considerate, and caring; she made everyone feel special, never forgetting a loved one's birthday or special occasion. The smallest gesture of kindness shown to Mrs. Driscoll was sure to be followed with one of her heartfelt hand-written thank you notes. She enjoyed cooking and loved to cook and bake for her family and friends. She had an ongoing friendly - who's the best cook - rivalry with her sisters. Mrs. Driscoll loved sharing her many sought-after recipes,



DOROTHY A. DRISCOLL

promptly mailing them to anyone who asked; she was also known to have included a cooked casserole a time or two. She was an avid reader, loved a good restaurant, and everything purple. She will be remembered for her kindness and thoughtfulness, her compassion, warmth, and generosity, but most importantly, she will be remembered for her love of family and friends. The world has lost a gentle soul.

Predeceased by her former husband Ralph A. Donohue and her beloved husband William F. Driscoll. Cherished mother of Ralph Donohue of Greenville, SC, and Michael Donohue and his longtime companion, Anna Jung of Azusa, CA.

Loving sister of James McCaffrey of Boston and the late John, Robert, and Thomas McCaffrey, Joan Reardon, Barbara Graham, and Mary Katsafanas. Dear sister-in-law of Camila McCaffrey of Burlington, Mary McCaffrey of Watertown, and Deirdre Giffen of Northborough.

Adored grandmother of Mary (Daniel) Donohue Verret of Greenville, SC, Brian Donohue of Mauldin, SC, and Collin Donohue of Azusa, CA. Great-grandmother of Lucas and Shawn Donohue both of SC. Also survived by many beloved nieces, nephews, and cousins.

Due to COVID-19, there are no services planned at this time. A celebration of Mrs. Driscoll's life will be held at a later date.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Dorothy L. Hall, 90

Dorothy L. (White) Hall, 90, of Quincy died Dec. 30.

Mrs. Hall was born in Quincy and resided there all her life. She was a member of the Quincy Community United Methodist Church and was a retired lunch mother and bus matron for Quincy Public Schools.

Mrs. Hall was the wife of the late Everett L. Hall. She is survived by her children: Karen E. Whalen and her husband Matthew of Quincy, Dianne C. Cadogan and her husband Raymond of Marshfield, Susan J. Shea and her

husband Charles of Quincy, Kenneth H. Hall and his wife Angela of Quincy, and Steven L. Hall of Quincy, ten grandchildren and thirteen great grandchildren. She is also survived by many nieces and nephews and was the grandmother of the late Brian Whalen and sister of the late Roberta Wiggins of New Jersey.

Her funeral service will be celebrated privately.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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Bobbie R. Mackay, 95

Bobbie Ruth (Kelley) Mackay, 95, of Quincy, formerly of Marshfield and Fort Myers, Fla., died Jan. 7.

The beloved wife of 55 years to the late Alexander "Jim" Mackay, they were married on June 10, 1944 in the County of Tarrant, Texas. Loving mother of James Mackay and his wife Gayle of Quincy and the late Thomas Frederick Mackay and Charles Henry Mackay. Mother in law of Lynne Mackay of Halifax and Beverly Mackay of Fort Myers, FL. She is the 11th of 13 children and is survived by her sister Catherine Davis. Cherished grandmother of Jason Mackay, Susan Rheault, Charles Mackay, Jeanne Shaughnessy, Thomas, Sean and Scott Mackay and Danielle Rossi. She is also survived by 15 great grandchildren and many nieces and nephews.



BOBBIE R. MACKAY

Mrs. Mackay loved to play games and her favorite was dominoes. She was a talented artist and was so proud to have one of her oil paintings in an art show at the State House. She loved to read and John Grisham novels were among her favorites.

A memorial service will be scheduled at a later date.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Linda J. Melchin, 66

Linda Joyce (English) Melchin, 66, died on Jan. 3 at Academy Manor in Andover, where she was a resident for the past three and half years. Mrs. Melchin died from terminal end stage dementia.

She was born on Oct. 20, 1954 in Boston to her now deceased parents, John A. English, Jr., and Ruth Ann (Vickey) English. Mrs. Melchin grew up in Dorchester and upon graduating from St. Patrick's High School in Roxbury, moved to Quincy with her family. She worked at the Registry of Motor Vehicles in Boston upon graduation.

She spent her adolescent years participating in St. Peter's Drill Team of Dorchester, as a member of the color guard. Upon graduation, Mrs. Melchin joined the Boston Crusaders where she continued her love of band and drill team competition.

She met Robert M. "Red" Melchin, Jr. of Milton, and they were married in 1975. They lived in Quincy, where they raised two daughters, Stacey Melchin-O'Neil of Malden and Angela Melchin of Philadelphia. Robert Melchin predeceased Linda in 2008. Mrs. Melchin is

also survived by a sister and her husband, Diane Felci and John Felci of Salem, NH.

Mrs. Melchin did record the Quincy City Council meetings for several years for the City of Quincy, and participated in the First Night celebrations. She loved her cats and loved to dance, even as her disease progressed.

There will be no visitation due to the COVID-19 pandemic. An interment with an outdoor service will be planned in the future at her final resting place at Blue Hill Cemetery in Braintree.

The family would like to thank the staff of Academy Manor and Compassus Hospice for their love and support of Mrs. Melchin during this past year. These days have been difficult for all, yet the sacrifices of these caregivers can never be understated. They became the absentee family for Mrs. Melchin and the advocates for us. We will never forget that.

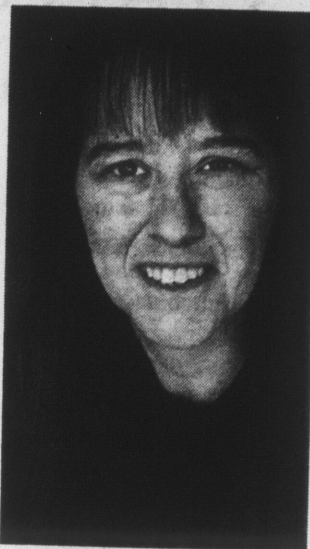
Services have been entrusted to the Dewhirst and Boles Funeral Home, Methuen.

Darlene M. Stuart, 50

Darlene M. "Dee" Stuart, age 50, a lifelong resident of Quincy, died Dec. 31.

She was born in Quincy, to the late William J. and Darlene M. (Pike) Stuart. Raised and educated in Quincy, Ms. Stuart was a graduate of Quincy High School, Class of 1988. She then received an Associate's degree from Quincy College.

Devoted mother of Kristine E. "Krissy" Wilson. Sister of Tammy L. Minor of Quincy and her late husband Lewis, Randy J. Stuart and his wife Jennifer of North Carolina, Richard A. Stuart and his companion Sandy of Weymouth, Scott E. Stuart and his wife Diana of Braintree, and the late William J. Stuart and his surviving wife Sherri Ann of Rockland. She was predeceased by her longtime companion, Sterling Edison. She is survived by her lifelong friend and Krissy's godmother, Michele Babin.



DARLENE M. STUART

neau. She is also survived by many nieces, nephews, and cousins.

In light of current events, funeral services were private.

Memorial donations may be made to the Joslin Diabetes Center, 1 Joslin Place, Boston, MA 02215.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy.

Suzanne M. Henderson, 77

Suzanne M. (Malvesti) Henderson, age 77, of Scituate, died peacefully Jan. 8 at the Life Care Center of the South Shore in Scituate.

She was born in Quincy, to the late Agnes E. (Howlett) and Nicholas M. Malvesti, Lieutenant, Q.F.D., Retired. Raised in Quincy, she was a graduate of Quincy High School, Class of 1961, and the former Lemuel Shattuck Hospital School of Nursing in 1962. She had lived in Scituate for two years, previously in Kingston, and most of her life in Quincy.

Mrs. Henderson was employed as a licensed practical nurse and had worked at the former Quincy City Hospital for fifteen years. She later worked in private practice and also for South Shore Skin Surgery in Braintree.

Beloved wife of the late Peter D. Henderson. Devoted mother of Kimberly M. Parker and her husband Jay of Marshfield, Scott D. Henderson and his wife Teresa of Weymouth, and Peter D. Henderson and his wife Karen of Kingston.

Loving grandmother of Mikayla, Autumn, Emily, and Kayden Henderson.

Dear sister of Thomas C. Malvesti, Lt., Q.P.D., Retired and his wife Carol of Quincy, and Mary H. Malvesti-Fleming and her husband Jim of Braintree. She is also survived by several nieces and nephews.

In light of current events, funeral services were private. A memorial celebration of Mrs. Henderson's life will be held at a later date.

Memorial donations may be made to the Kingston Animal Shelter, 28 Evergreen St., Kingston, MA 02364.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.



CATHERINE M. J. BIRCHMORE

Catherine M. J. Birchmore

Catherine "Cathy" Marie Jean Birchmore of Quincy died Jan. 7.

Daughter of the late Warren and Roberta Birchmore. Cherished sister of Maryellen Birchmore of Braintree and the late Warren A.J. Birchmore, Jr. Loving aunt of Heather McGuire of NY. Great aunt to Braden and Grady McGuire of NY. She will be greatly missed by her beloved gentleman friend James "Jim" Morgan of Quincy.

Ms. Birchmore was the true meaning of a "Giver." She is best known for her years of service ringing the bell for the Salvation Army. She was a volunteer for the

Salvation Army and Quincy Hospital since 1975.

For her many years of devoted service, the Salvation Army of Quincy honored Ms. Birchmore with its Volunteer of the Year Award in 2016.

Ms. Birchmore was active in Quincy politics as well as polling places during elections.

A memorial service will be scheduled for her soon at the Salvation Army in Quincy.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Barbara L. Cullen, 82

Visiting hours for Barbara L. (Bailey) Cullen, age 82, of Weymouth, formerly of Quincy, were held Tuesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Cullen died peacefully Jan. 9 in the comfort of her home, surrounded by her loving family.

She was born in Boston, to the late Amisi Fields and Martha G. (King) Bailey. She was raised and educated in Boston. She had lived in Weymouth for the past twenty-five years, previously in Quincy.

Mrs. Cullen was a homemaker who was devoted to her family, especially her cherished grandchildren and great-grandchildren.

Beloved wife for sixty-four years of Richard M. Cullen. Devoted mother of Judith Ann Rouleau and her husband Charles, Linda



BARBARA L. CULLEN

Cullen Close and her husband William, all of Weymouth. Loving grandmother of Jennifer Foster, Jason Cullen, Capt., W.F.D., Angela Close, Krysta Parrell, and Julien Close. Cherished great-grandmother of Wyatt and Rowen. Dear sister of Jack Fields Bailey of New Hampshire.

Memorial donations be made to the Alzheimer's Association, 309 Waverley Oaks Rd., Waltham, MA 02452.



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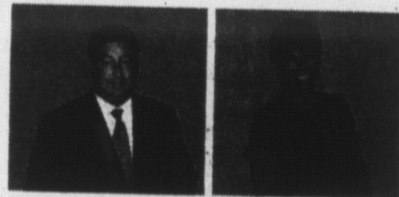
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QUINCY, MASSACHUSETTS 02169

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First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online re-

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P1732EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Saul Charles Talamo
Also known as:
S. Charles Talamo
Date of Death:
04/21/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by David H. Talamo of Framingham, MA and Jay Z Aframe of Worcester, MA Lawrence A. Grab of Provincetown, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: David H. Talamo of Framingham, MA and Jay Z Aframe of Worcester, MA Lawrence A. Grab of Provincetown, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/03/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 30, 2020
PATRICK W. McDERMOTT
Register of Probate

1/14/21

mote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Faithful Members" (Eph 4:14-16); reader is Mizpah Baliton.

Online dial-in/web meeting weekly schedule:

• Sunday, 10:30 a.m. Sunday Worship Service

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0003EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Marion Gorberg
Date of Death:
06/04/2006

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Daniel G. Raymond of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Daniel G. Raymond of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 02/10/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: January 04, 2021
PATRICK W. McDERMOTT
Register of Probate

1/14/21

• Wednesday, 6:30 p.m. Community Group Meeting - Gospel of John

• Thursday, 6:30 p.m. Bible Class - Epistle of Paul to Romans

• Friday, 11 a.m. Prayer Group Meeting

For those who want to go to church and attend the Sunday service, make reservations by dialing 617-472-0824. For the online Sunday worship service, go to www.firstbaptistchurchofwollaston.org/ for the conference call number.

LEGAL NOTICE

CITY OF QUINCY BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Chud Inc., dba Malachys, Steven M. Higgins Manager, for an alteration of the licensed premises at 51-57 Granite Street to include an additional 1,200 sq. ft. of outdoor dining and patio space. The new space will be fenced in and include room for up to 10 tables adjacent to the existing indoor establishment.

A hearing will be conducted at 4pm on Tuesday, January 26, 2021 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: January 26 License Board Hearing

Time: Jan 26, 2021 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://quincycollge.zoom.us/j/2309068852>

Meeting ID: 230 906 8852

One tap mobile

+19292056099,,2309068852# US (New York)

+13017158592,,2309068852# US (Washington D.C.)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington D.C.)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 230 906 8852

Find your local number: <https://quincycollge.zoom.us/j/2309068852>

kDpyqzfg

Nicole L. Crispo

Chair

1/14/21

LEGAL NOTICE

CITY OF QUINCY BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Tony's Clam Shop, Inc., Gary Kandalaf, Manager, for an alteration of the licensed premises at 861-867 Quincy Shore Drive to include an additional 14,000 sq. ft. of outdoor dining space. The new space, which will include picnic tables and round umbrella tables, will be fenced in and is adjacent to the existing restaurant.

A hearing will be conducted at 4pm on Tuesday, January 26, 2021 using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Find your local number: <https://quincycollge.zoom.us/j/2309068852>

kDpyqzfg

Nicole L. Crispo

Chair

1/14/21

Quincy Point Congregational Church

Online Worship continues every Sunday at 10 a.m. on the Quincy Point Congregational Church YouTube channel.

This week will feature a special MLK presentation by SALT which is "a selection of evocative moments from archival footage of the 1963 March on Washington for Jobs and Freedom - celebrating Dr. King, and also the thousands of others who made the march happen"

Church school for all airs

at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel. This week, Jesus calls the fishermen. You can view the Quincy Point Congregational Church channel on your smartphone, notebook, computer or on cable by telling your remote to watch "Quincy Point Congregational Church on YouTube". Our service also airs every Wednesday at 6 p.m. on QATV.

QPCC is looking for items for "Share a Little Love" Auction in February to benefit neighbors in need who frequent Interfaith Social Services. The first step in the process is gathering donation items. Some donation ideas are:

- a. Craft Items
- b. Gift Cards
- c. COVID-Safe Personal services such as grocery shopping service, shoveling service, dog walking, etc.
- d. Gift Baskets

(themes like "Movie Night", "Tea Break", "Enduring a New Normal COVID-Free time", "Pet Pampering", etc.

Donations must be turned in and descriptions sent to Doug Tatreau at dtatreau@comcast.net before Monday, Jan. 25th at 3 p.m. Include in description a value of the donation to help establish a starting bid amount.

Send/drop off the item at the Church Office or at the Tatreau's no later than Jan. 25th.

NOTICE OF PUBLIC HEARING

Case ZBA 20-87

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 26, 2021 @ 5:30 P.M. to consider the application of BRIAN LAROCHE for a VARIANCE/SPECIAL PERMIT/FLOOD PLAIN to remove the second story and reconstruct it as a full height story in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 8.1.9 (special permit flood plain) on the premises numbered 67 EDGEWATER DRIVE, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jan. 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcn>

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Meeting ID: 977 9890 0272

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 977 9890 0272

Passcode: 751183

Find your local number: <https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcn>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/7/21, 1/14/21

NOTICE OF PUBLIC HEARING

Case ZBA 20-72

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 26, 2021 @ 5:30 P.M. to consider the application of ERIC BATTITE for a VARIANCE to renovate/reconstruct the home in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 4.1.2 (notes to table) on the premises numbered 125 SEA AVENUE, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jan. 26, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcn>

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Meeting ID: 977 9890 0272

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 977 9890 0272

Passcode: 751183

Find your local number: <https://zoom.us/j/97798900272?pwd=Z29tR3NYbWJKcn>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

1/7/21, 1/14/21

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OBITUARIES

Jo Ann M. Potter

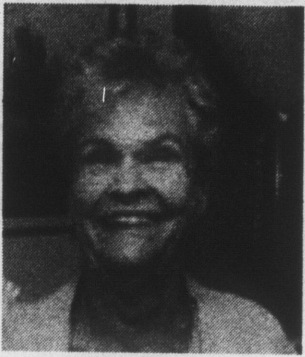
A funeral Mass for Jo Ann M. (Healy) Potter, lifelong resident of Quincy and part time resident of Brewster, was celebrated Monday in St. John the Baptist Church, Quincy.

Mrs. Potter died Jan. 5 after a period of failing health.

Born in Boston, she graduated from Quincy High School and attended Quincy Junior College. She worked for The Bargain Center, Howard D. Johnson Co. and then later was actively employed for 30 years for the Quincy Public Schools in a variety of capacities to include a para-professional for special needs students, secretary and lunch mother.

Mrs. Potter spent much of her time volunteering for various organizations. She was a member of the Wollaston Mother's Club and Quincy Retiree's Association. She volunteered at Interfaith Social Services, Italian Greyhound Rescue, Norfolk County Human Services working with special needs adults, QATV and served on many school PTOs. She was a founding member of the Friends of QHS, being awarded the "Best of the Best" in 1995 for her commitment and dedication, including spearheading the renovation of the Method Center into the Lloyd H. Hill Auditorium.

Beloved wife of William Z. Potter, mother of Jacqueline Lemoine of Merritt Island, FL, and Christopher



JO ANN M. POTTER

Potter of Weymouth and her rescue dog Sherman. Cherished "Gram" to Stephanie and Caleb Lemoine (Merritt Island, FL), Sister of Dorothy H. Healy (Wollaston) and the late Joseph H. Healy, Jr. (Revere). She was the daughter of the late Joseph H. and Dorothy H. Healy (Seely). Also survived by her Aunt Margorie C. Briggs of MD any many cousins, nieces and nephews.

The family would like to thank all of the doctors, nurses and staff at South Shore Hospital, New England Sinai Hospital and Hancock Park who cared for Mrs. Potter with compassion and love. You truly are all "heroes."

Interment at Mount Wollaston Cemetery.

Memorial donations may be made to the East Coast Italian Greyhound Rescue, c/o Chris Potter, 33 Moreland Rd, Weymouth, MA 02191.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Laurence G. Notarangelo, 89

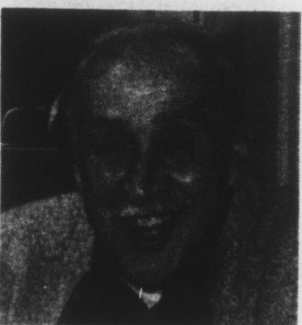
Laurence G. "Larry" Notarangelo, 89, of Hull, formerly of Quincy, died peacefully at home on Jan. 2.

Born in Quincy on Sept. 8, 1931, he was raised in Quincy Point and was a son of the late Domenic and Josephine (Cariglia) Notarangelo. Mr. Notarangelo attended local schools and graduated from the Quincy Vocational High School with the Class of 1951.

After high school, Mr. Notarangelo enlisted in the United States Army and proudly served his country during the Korean War. He was honorably discharged on June 6, 1956.

Mr. Notarangelo was the proprietor of the Royal Vending Machine Company in Hingham. He enjoyed his work and the relationships he built throughout the years. Mr. Notarangelo retired in 1993. In his spare time, he enjoyed working around the house, gardening, feeding the neighborhood pets and hosting Friday night family dinner.

Mr. Notarangelo was the father of Lauren M. Gratta and her husband Paul J. Gratta of Norwell, Tracey



LAURENCE G. NOTARANGELO

A. Mitchell of Hull, Gina M. Notarangelo of Norwell, Jack L. Notarangelo and his wife Kim of Hanover, Paul J. Notarangelo and his wife Sharon of Scituate and Deena Ballagh and her husband Dennis of WI. He was the loving grandfather of ten and the loving great grandfather of two. Larry was preceded in death by his siblings Mario, Armando "Peewee" and David Notarangelo. He is also survived by many loving nieces and nephews.

Mr. Notarangelo's funeral service and interment will be celebrated privately.

Memorial donations may be made to Hull Seaside Animal Rescue, 487 Nantasket Ave., Hull, MA 02045.

Funeral arrangements were made by Keohane Funeral Homes.

Judge's Ruling: City Doesn't Own Adams Academy

By SCOTT JACKSON

The chief justice of Massachusetts' highest court has ruled the City of Quincy does not own the Adams Academy property in Quincy Center.

James DeGiacomo, the trustee of the Adams Temple and School Fund, filed a lawsuit in 2019 seeking permission to sell the property for the benefit of the Woodward School for Girls, the beneficiary of the trust fund. Quincy had moved to intervene in the lawsuit, arguing the city is the owner of the property, which is currently leased to the Quincy Historical Society.

In a Dec. 2 decision, Chief Justice Kimberly Budd of Supreme Judicial Court denied the city's motion to intervene. In her ruling, Budd said a previous court case had already determined the Adams Academy property is owned by the trust fund.

"The city was a party to the previous action in which the question of the ownership of the parcel was directly at issue. The question was decided (against the

city) and a final judgment on the merits of the claim was issued," Budd wrote.

"For these reasons the city is precluded from reasserting that it owns the parcel in the instant action. Because the city does not have an ownership interest in the parcel that DeGiacomo seeks court authorization to sell, the city cannot demonstrate that it has 'an interest in the subject of the action.'"

City Solicitor Jim Timmins did not respond to a request for comment Monday. The city has filed a notice of appeal, asking the full Supreme Judicial Court to weigh in on the matter.

Budd's decision is the latest chapter in the saga of the Adams Temple and School Fund, which John Adams, the nation's second president, established.

The legal dispute began in 2005, when the then chair of the Woodward School's board of trustees requested a full accounting of the Adams Temple. The Woodward School sought the full accounting because it received lower than anticipated pay-

ments from the fund the previous two years.

The school filed suit against the city in 2007 after the information was not received. After a bench trial, a probate court judge in 2011 found the city had breached its fiduciary duty to the trust fund and removed the city as its trustee - DeGiacomo was appointed the trustee at that time. The probate court also determined the trust fund, and not the city, owned the Adams Academy property, Budd said in her December ruling.

The Supreme Judicial Court upheld the probate court's ruling in a 2014 decision but remanded the case to the lower court to recalculate damages the city owed.

DeGiacomo, as the trustee of the fund, then sued to invalidate the 50-year lease for the Adams Academy site

that had been negotiated by the city and the Quincy Historical Society.

Under terms of the lease, which was signed in 1972, the historical society pays the city \$1,200 annually to use the Adams Academy building and is also responsible for its upkeep. DeGiacomo had argued the group was not paying fair market value for the lease.

A single justice of the Supreme Judicial Court dismissed that lawsuit and the full court later affirmed the dismissal in 2016. In its ruling, the court said Quincy took the proper steps - including notifying the office of then Attorney General Robert Quinn - before executing the lease. Under state law, the attorney general is tasked with representing the beneficiaries of a public trust such as the Adams Temple and School Fund.

Councillors Back Paying For Long Island Ferry Service

By SCOTT JACKSON

Quincy city councillors on Monday said they would be willing to use city funds help Boston pay for ferry service to a recovery campus on Long Island if Boston drops plans to build a new bridge to the island.

The council approved a resolution to that effect - introduced by Councillors William Harris, Brian Palmucci, Noel DiBona and Nina Liang - in a unanimous vote Monday.

Boston Mayor Marty Walsh unveiled plans to rebuild the Long Island bridge three years ago this month. The bridge, if built, would connect Long Island to Moon Island, the latter of which is only accessible via Squantum. The bridge would provide access to a new recovery campus on Long Island.

Quincy officials have pushed back against the proposal since it was first announced, saying they are weary of traffic the bridge could bring to Squantum and other nearby areas.

Harris, whose district includes Squantum, on Monday said the resolution was an olive branch to the city of Boston and whoever its new mayor will be, with Walsh set to head to Washington as President-elect Joe Biden's secretary of labor.

"I wish him all the best,"

Harris said of Walsh. "I hope the people who are going to follow them rethink their direction with our help."

The councillors' resolution reiterates their support for opening a recovery campus on Long Island but says ferries would provide a better mode of transport to and from the island than a bridge that could only be accessed through Quincy.

"I think the ferry system is the right way," Harris said while introducing the resolution. "The wrong thing is to rebuild the bridge that just doesn't make sense."

Harris added that there are piers in Boston that could be used to support such a ferry service.

Palmucci said Monday's resolution shows Quincy is not opposed to the recovery campus.

"What we're doing tonight is putting our money where our mouth is. We're saying that we will share the cost of access by ferry, that we're not opposed to the recovery center," Palmucci said.

"We have concerns about the bridge - we have legitimate concerns based on neighborhood issues - but we are willing to help fund ferry service so that the recovery campus can get up and running as soon as possible."

Helen D. Eagles, 92

Helen Dorothy "Dottie" (Gerrior) Eagles, age 92, of Canton, formerly of Stoughton and Braintree, died peacefully Jan. 7 at Hellenic Nursing and Rehabilitation Center in Canton.

She was born in Quincy, to the late Maurice and Helen (Doyle) Gerrior. Raised and educated there, she was a graduate of Quincy High School, Class of 1946.

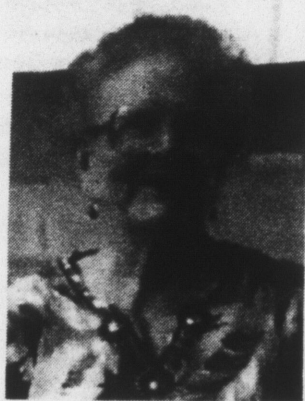
Mrs. Eagles had lived in Canton for the past five years, previously in Stoughton for seventeen years, and earlier in Braintree for forty years.

She was employed as an administrative assistant at the former Bradlees in Braintree for twenty years and had been retired for many years.

Mrs. Eagles was devoted to her family, especially to her grandchildren and great-granddaughter.

Beloved wife of the late Louis J. Eagles. Devoted mother of Patricia A. Morrison and her husband Bruce of Stoughton, John L. Eagles and his wife Darlene of Hanover. Loving grandmother of Kimberly Hansler and her husband Scott, Rob Morrison and his wife Katie, Steven Eagles and Mark Eagles. Cherished great-grandmother of Marissa.

She was the last of four siblings (Arleen, Paul, and Raymond) and is survived by many nieces and nephews.



HELEN D. EAGLES

ews.

Mrs. Eagles can now reunite with her husband, mother and father, siblings, and dear friend, Jean Pike, where they can dance, play bingo, and go to Twin Rivers any time they want.

In light of current events, funeral services were private. Interment took place at Pine Hill Cemetery, Quincy. A memorial Mass will be celebrated at a later date when it is safe to do so.

Memorial donations may be made to the Activities Fund at Hellenic Nursing and Rehabilitation Center, 601 Sherman St., Canton, MA 02021.

The Eagles and Morrison families would like to acknowledge the staff of the Hellenic for the compassionate care provided to Helen "Dottie."

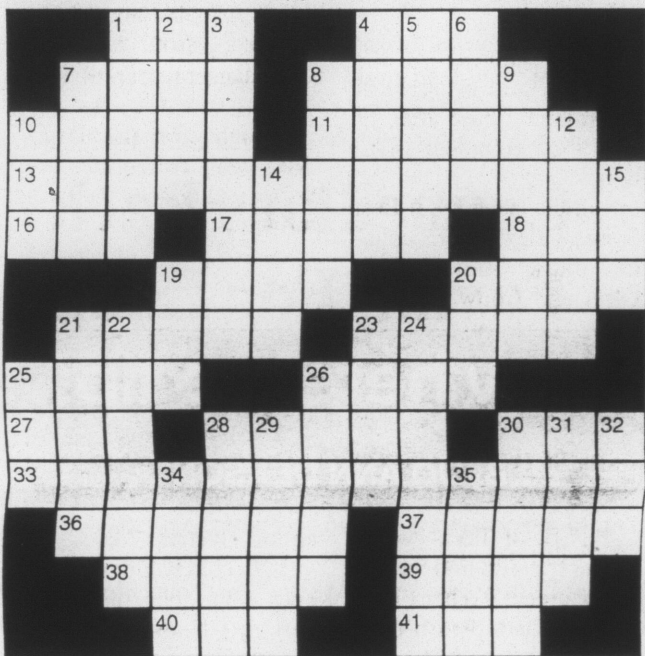
Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

More obituaries online at
www.TheQuincySun.com

SUN FUN PAGES

King Crossword

- ACROSS**
- Opening
 - Cartoon name
 - Vend
 - "Dallas" architect
 - Sleep problem
 - Court hammers
 - 1998 Bruce Willis thriller
 - Shock partner
 - Hoodwink
 - Water teeter
 - Gum flavor
 - Roll call reply
 - Fry lightly
 - Belted area
 - Cooking fat
 - Uttered
 - Chemical suffix
 - Up and about
 - Quilters'
- DOWN**
- get-together
 - Wimbledon
 - Wife of Jacob
 - Edition
 - Nodded off
 - D.C. baseball team
 - Picnic crasher
 - Ram's mate
 - Category
 - Sir Guinness
 - Enthusiastic approval
 - County of Ireland
 - Graceland idol
 - Fibs
 - Gush
 - Pharaoh's land
 - Upper crust
 - Docs' org.
 - Bull's sound
 - Ancient letter
 - "My word!"
 - Wet dirt
 - Secreted
 - Less loony
 - Sports venues
 - Banshee's cry
 - Delta, for one
 - Actress Tyler
 - Long-legged shorebird
 - Wan
 - Used a broom
 - Butter up the turkey
 - Flightless birds
 - Compass pt.
 - Bruins' sch.
 - Caesar's "vidi"



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MAGIC MAZE "101 DALMATIANS" CHARACTERS

B G D A X V S Q N K I F D A X
 V T Q O M J H F C A Y W U R P
 N L R P J H F E D B Z X V T R
 S Q O E Y Y K C U L M K I A H
 F B D R Z L B A T R Z Y W L V
 Y T B D E Z L R R E E Q O L N
 L N K I A B I O E P I G H E F
 D C N T T P M H R P A Z O U X
 W V I A O T U A W E S S R R Q
 O N N D N O G N O P M A K C J
 A I H K C I T S P I D F J E D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: — DE VIL

Amber	Jasper	Perdita	Sgt. Tibbs
Anita	Lucky	Pongo	Tripod
Dipstick	Nanny	Roger	Whizzer
Horace	Pepper	Rolly	

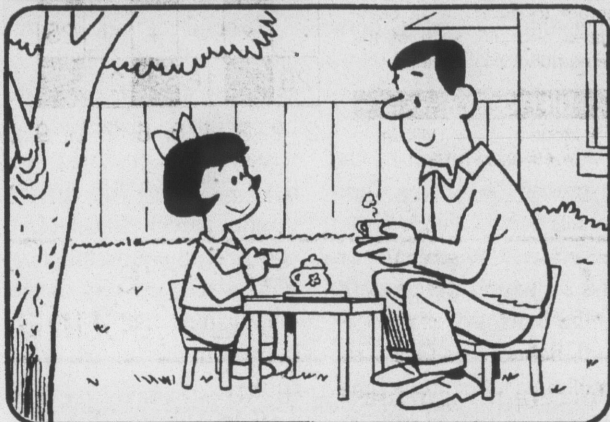
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CryptoQuip answer

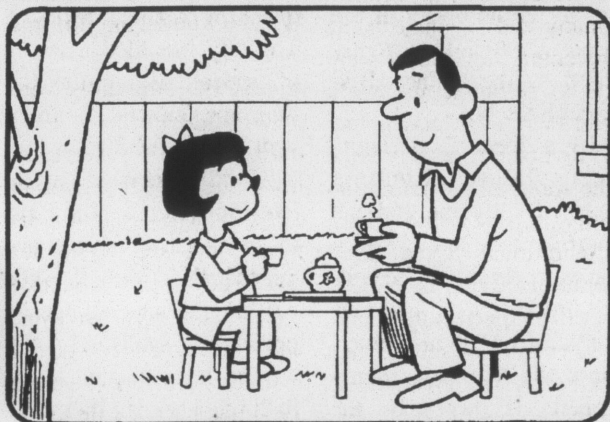
If you happened to be there when someone's really mad, would you be in the line of fire?

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Skirt is shorter. 3. Table leg is missing. 4. Teapot is moved. 5. Hair is different. 6. Cuffs are missing.

Trivia test by Fifi Rodriguez

- MOVIES:** Who was the first African American to win the Academy Award for Best Actor?
- ASTRONOMY:** How many phases does the Moon go through each month?
- MEDICAL:** What are leukocytes?
- TELEVISION:** What are the names of the three animated "Powerpuff Girls"?
- INVENTIONS:** Who is credited with inventing the first battery?
- GEOGRAPHY:** What is the largest country in Africa in land area?
- MEASUREMENTS:** What does a Geiger counter

- measure?
- LITERATURE:** What item did the crocodile swallow in "Peter Pan"?
 - FOOD & DRINK:** What is grenadine made from?
 - ANIMAL KINGDOM:** What is a baby goat called?

Answers

- Sidney Poitier, in 1964
- Eight
- White blood cells
- Blossom, Buttercup and Bubbles
- Alessandro Volta
- Algeria
- Radiation
- A clock
- Pomegranates
- A kid

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Wishing Well®

8	3	5	6	5	2	7	5	6	4	3	4	5
C	U	M	A	U	C	B	S	L	R	N	O	I
2	8	2	5	6	4	8	3	8	3	4	3	4
O	L	L	C	O	A	O	E	U	X	D	P	B
3	8	5	4	8	3	6	3	4	3	5	3	5
E	D	E	L	S	C	N	T	O	E	N	D	J
3	4	8	3	5	2	4	5	2	3	7	8	4
F	C	A	I	O	L	K	Y	E	N	E	R	R
3	4	3	8	2	5	6	5	8	3	8	4	2
A	E	N	E	G	E	G	D	G	C	O	M	E
6	4	2	8	3	8	2	6	4	3	2	3	2
L	O	B	N	I	E	O	I	V	A	U	L	N
7	6	4	3	7	3	2	4	3	6	3	7	7
K	F	E	G	I	A	D	D	I	E	N	N	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get some news later in the week that might answer some questions.

GEMINI (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.

CANCER (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of support, was it the wisest? Consider reassessing your upcoming decision.

LEO (July 23 to August 22) Apply yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close to you.

VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it. A weekend venture proves to be rewarding.

LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about making

a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.

SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a secret or two, which might be a problem for you.

SAGITTARIUS (November 22 to December 21) Expect some good news about a relative you've been worried about. But don't expect the full story to be told -- at least not yet. A workplace matter might face shifting priorities.

CAPRICORN (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting information.

AQUARIUS (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.

PISCES (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer app, or how to drive a stick shift, or making a new friend. Whatever it is, good luck.

BORN THIS WEEK: You see, the wisdom in honesty, and you help others appreciate your vision.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: G equals Y

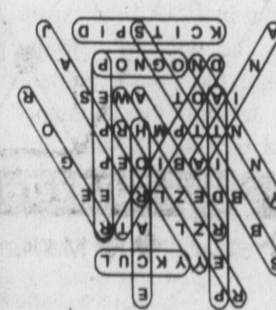
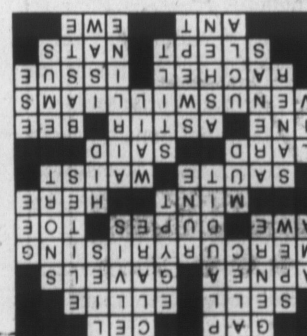
MC GBL UKDDHHS YB AH YUHTH
 VUHI EBQHBH'E THKFFG QKS,
 VBLFS GBL AH MI YUH FMIH BC
 MTH?

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King Crossword
 Answers
 Solution time: 24 mins.

Magic Maze
 ANSWERS:

"101 DALMATIANS" CHARACTERS



J
A
N

1
4

2
0
2
1

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Lady Gaga has chosen her first project since her Oscar-nominated "A Star Is Born," to be directed by three-time Oscar-nominated director Ridley Scott ("Thelma & Louise," "Gladiator" and "Black Hawk Down"). In "Gucci," she'll play the controversial character of Patrizia Reggiana, dubbed "The Black Widow" by the Italian press. She is the ex-wife of Maurizio Gucci (a former wealthy Italian socialite and high-fashion personality) who was tried and convicted of orchestrating her ex-husband's assassination on the steps of his office building in 1995. She served 18 years in prison before her release in 2016 (she's now 72 years old). Ridley Scott's powerful cast to support Lady Gaga includes Oscar-winners Jeremy Irons, Jared Leto and Al Pacino, as well as Jack Huston and Reeve Carney (who co-starred in "Penny Dreadful" for 27 episodes). Irons replaced Oscar-winner Robert De Niro in the title role. Ridley Scott recently completed "The Last Duel," with Matt Damon, Ben Affleck and Adam Driver, for an Oct. 15 opening.

*** Carrie Hamilton, the 38-year-old daughter of American treasure Carol Burnett, played Reggie Higgins in the TV series "Fame" from 1985-87. She toured in the musical "Rent," co-starred in the film "Tokyo" in 1988 and then with Brad Pitt, Kim Basinger and Gabriel Byrne in the film, "Cool World." After Carrie kidnapped Carol in the film "Hostage," they collabo-

rated to turn Carol's memoir, "One More Time," into the stage play "Hollywood Arms." Carrie was to have starred in the play, but died from complications of pneumonia and lung cancer, at 38, on Jan. 20, 2002, before it was produced. Now Burnett's best-selling memoir, "Carrie and Me: A Mother-Daughter Love Story," is slated to be filmed by Apple TV+, with Tina Fey as an executive producer. It follows the painful, public struggle Carrie had with drug addiction before finding the cure and successfully becoming an actress, writer, musician and director. Carol can be seen in the Netflix film "All Together Now" (based on Matthew Quick's book "Sorta Like a Rockstar"), available for streaming since August. Tina Fey is busy mostly producing shows such as the new Ted Danson NBC series "Mr. Mayor," the upcoming Peacock series "Girls5Eva" and the animated Netflix series "Mulligan."

*** Perhaps if "Ammonite" had been released in theaters at a better time, the steamy love scenes between Kate Winslet and Saoirse Ronan, as the real-life paleontologist Mary Anning and Charlotte Murchison, might have had greater impact. But when both the Cannes and Telluride Film Festivals were canceled, it fizzled, even though Winslet won the Tribute Actor Award from the Toronto Film Festival. Maybe women in love scenes has finally become old hat and less shocking! (c) 2021 King Features Synd., Inc.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: *

* Moderate ** Difficult *** GO FIGURE!

	-		x		25
+		x		x	
	x		-		21
x		+		+	
	x		+		25
26		16		24	

2 2 3 4 5 6 7 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Porcelain Figurines

Many small porcelain figures were made in France, Germany and England in the 18th century, and many were made to resemble the work of the German Meissen factory. Realistic figures dressed in the robes of an unfamiliar country, or vases with scenes and additional raised floral decoration were best sellers even if the factory marks were symbols or initials that were nearly unknown. Jacob Mardochée Petit (1796-1868) started a porcelain factory in Bellville, France, in 1830. He also bought another factory in Fontainebleau, then moved it to Avon in 1851. The company went out of business in 1862. Its early ware sold well, but in later years the firm concentrated on making Meissen and other copies. It made small figures and vases less than 6 inches high. The work in the 1850s was of lower quality and was less popular. But today Jacob Petit perfume bottles are favorites of perfume bottle collectors, and there seem to be a few in every perfume bottle auction. Many are unmarked. The best-known mark is the underglaze letters "JP" in blue or incised. Other marks are "JP" with a dot below and above the J and a dot below the P. There also is a diamond-shaped mark with the letter J outside the left corner and the letter P outside the right. Beware, they are best known for making copies of Chinese Export, Sevres and Meissen pieces that have fooled many collectors. A pair of authentic 7 1/2-inch-high figures of a Sultan and Sultana in elaborate clothing sold at a 2019 Neal Auction in New Orleans for \$1,220.

Q: My stepdaughter has a Chatty Cathy doll that she received about 1970. We are wondering if it has any value.

A: Chatty Cathy dolls were made by Mattel from 1960 until 1964. They were re-issued in 1969 and again in 1998-99. The original dolls were vinyl and 20 inches tall. They were available with blue or brown eyes, and blonde, brunette or red hair. Dolls made closer to 1964 had hard plastic faces. In played-with condition, 1960s Chatty Cathy dolls sell for \$25 to \$75. In mint condition and in the original box, the value is closer to \$100 to \$150. The most expensive Chatty Cathy dolls are African American versions from the early 1960s. Examples of these dolls have sold from \$450 to more than \$800.

CURRENT PRICES

Lladro figurine, "Over the clouds," boy, airplane, bomber jacket, goggles, blue, No. 5697, box, 5 inches, \$80.

Baccarat perfume bottle, glass, opaque, pink, brass top, 4 1/2 inches, \$120.

Kate Greenaway glass dresser box, women, chatting, seated, blue, flowers, brass mount, C.F. Monroe, 4 x 6 inches, \$420.

Lalique vase, Orchidee, opalescent orchids, 6 1/2 x 8 inches, \$650.

TIP: When vacuuming an Oriental rug, don't push the sweeper too close to the fringe. Leave about 6 inches. The vacuum may catch a thread and pull it.

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Strange BUT TRUE

By Lucie Winborne

* To train new operatives during the Cold War, the Soviets built fully functional replicas of American towns. Their residents consisted of retired deep-cover operatives who taught the trainees everything they needed to know about blending into American life.

* In 1963, the Bronx Zoo had an exhibit called "The Most Dangerous Animal in the World." It was a mirror.

* The U.S. Navy has a tradition that no submarine is ever considered lost at sea. Subs that don't return, including 52 lost during World War II, are considered "still on patrol." Every year at Christmas, sailors manning communications hubs send holiday greetings to those listed as still on patrol.

* An outbreak of the common cold occurred at an Antarctic base after 17 weeks of complete isolation.

* In the category of Best Song Titles Ever, country music stars Loretta Lynn and Conway Twitty

recorded a duet titled "You're the Reason Our Kids Are So Ugly." (Despite which fact, the lyrics make clear that the couple is still in love.)

* After high school senior Allison Closs dressed up a cardboard cutout of Danny DeVito to go with her to prom, the actor returned the favor by bringing a cardboard cutout of Allison to the set of "It's Always Sunny in Philadelphia."

* A \$3 million lottery winner was sentenced to 21 years in prison after using his winnings to finance a meth trafficking ring.

* Actual town names in the U.S. include Rabbit Hash (Kentucky), Two Egg (Florida), Ding Dong (Texas) and Bacon (Delaware).

* Ever have trouble finishing your veggies? Try taking a tip from Leigh Knight, who in 2006 sold an unwanted Brussels sprout left over from his Christmas dinner for £1,550 (\$2,100.72 USD) to aid cancer research.

Thought for the Day: "May your coffee kick in before reality does." -- Unknown

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Now here's a tip!

By JO ANN DERSON

* N.B. of Texas, writes: "I never could find the time to exercise. When I got home, I had to rush to get supper, etc., and afterward all I wanted to do was plop down and watch television. Then I got an exercise mat and a stationary bicycle. When I couldn't work out very long, I worked out during commercials. I've lost 3 pounds so far!" Great idea for all those with fitness on their New Year's Resolution lists, Nancy!

* Two wonderful tips came in from G.K. of Minnesota: "To protect floors from being damaged by chairs being pushed around, glue rounds of carpeting beneath the chair legs. They are easily removed for replacing as they wear down. Also, when making bread or rolls, warm the flour in the oven or microwave so as not to chill the butter. The dough will rise faster."

* B.W. of Colorado swears by brake cleaner to get rid of bad spots on carpets. "Regular automotive brake cleaner on the spot and a clean rag will remove

almost all stains," he says.

* "In cold winter months, keep your robe (and slippers or whatever else) under the covers with you when you sleep. Pull it next to or over you a few minutes before you get up. It'll be toasty and will help make the transition into the cold a little less harsh." -- B.M. in New York

* If your animals try to get out when you go into or out of the house, keep some toys or treats in your pocket or near the door to throw across the room, giving you a few seconds to slip in or out.

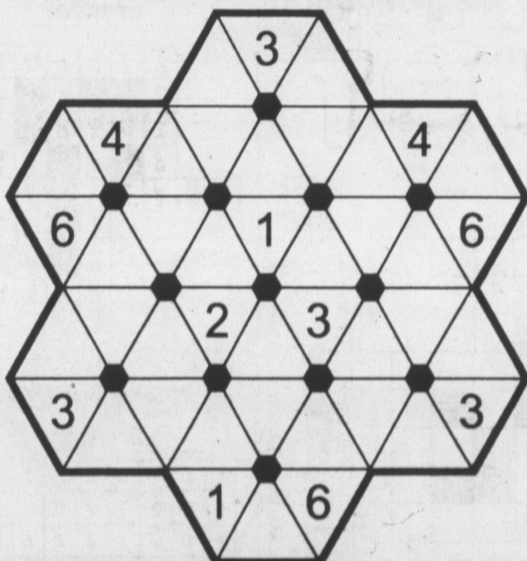
* As tax time draws closer, try taping a large manila envelope to the fridge, leaving the top open. Immediately place all tax-related forms and receipts in the envelope as they come in. This way, when you are ready to start your taxes, all items will be together and easy to find.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

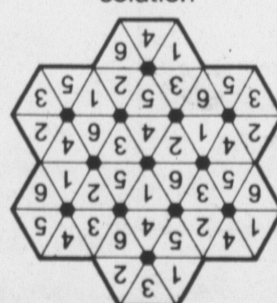
Draw a square. Now divide the square into four equal and congruent parts with three straight lines.

None of the lines can cross each other within the square. How can this be done?

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SNOWFLAKES

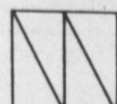
solution



Go Figure! answers

24	16	26
25	9	2
+	+	x
21	3	4
x	x	+
25	5	7

Sticklers Answer



Here's one way:

Super Crossword

MULTITUDINOUS

ACROSS

1 Little rascal
6 Mosque
11 Go for a
15 Spill the
19 Shinbone
20 Local
21 Had on
22 Go very fast
23 City in which
25 Gumbo
26 R&B singer
27 Japanese
28 Fit — queen
29 Sea cargo
31 Statistic
35 Threatens to
36 Brouhaha
37 Ken is one
38 Viking 1
39 Fleecy boot
42 Guesses at

45 Instructive
47 "Siddhartha"
52 Gotten larger
54 UNLV part
56 1977 Triple
58 "— & Stitch"
59 Stinging hits
61 TV's Amaz
62 Not iffy
63 Whitewater
67 Vassals
69 Tongue-lash
70 See
71 Goldie of
72 Unit of
75 It surrounds
81 Secy., e.g.
83 Oozes
84 Jazzy
85 Pile of trash
89 Enervate
90 Sacred song
91 Muscle twitch
92 Arthurian
94 "Encore!"
96 "Science
Guy" of TV

DOWN

97 Pupil setting
99 Arthurian
101 Add —
103 Reviewer of
107 Disney World
113 Moniker for a
115 Go up
116 With
118 Across,
bite-size
119 Statement
about the end
of each of
nine answers
122 Meyers of
"Late Night"
123 Ball field
124 Candid
125 Cara of
"Fame" fame
126 Canadian fuel
brand
127 Gin flavorer
128 Burrito topper
129 Winona of
"Beetlejuice"

DOWN

1 Walk heavily
2 Paramedic
3 Huge gulf
4 Cocktail at
5 Dad, in
6 Disguised, in
7 Gold-medal
skier Phil
8 On a plane or
train
9 Month, in
Spain
10 Retired jet
since '03
11 Cutlass, e.g.
12 Roused
13 Thoms in
one's side
14 Scant
15 Favre of
football
16 Starbucks
offering
17 Many a Tony
winner
18 Hits on the
noggin
24 Alternatively
29 Artificial
30 Two-gender
pronoun
32 Utopian site
33 Email giggle
34 Bullring calls
38 Sacred song
39 Wrinkled
citrus fruit

DOWN

40 Smile widely
41 Club game
43 Assuage
44 Bygone
46 Smiley's
opposites
48 Inherent
natures
49 Slimy garden
pest
50 Dried up,
old-style
51 Rams'
partners
53 Some babes
in the woods
55 Sharp,
broken-off
piece
57 Purple
blooms
59 Colonel
Klink's camp
60 Mail status
64 — carte
65 Nutrition stat
66 Ventilates
68 "Sands of —
Jima"
71 Big African
beast, briefly
72 Tinkertoy
bits
73 PDQ cousin
74 Gilbert of
"The Talk"
75 Fire remains
76 Join (with)
77 Zest
78 Join (with)
79 Identify

DOWN

82 Between
urban and
country
86 Friendly
relationship
87 Letter before
beth
88 — colada
90 "21 Grams"
actor Sean
93 Cage, to his
pals
95 City WNW of
Paris
98 R2-D2 and
others
100 Skin-related
102 "Our Lady" of
churches
103 Humiliate
104 Beseches
105 Pub missiles
106 Boise setting
107 Brand of
mouthwash
108 Outward
expressions
109 Port of Japan
110 Felt sickly
111 Words after
two or
hole
112 Stuff in
gunpowder
114 Successor of
Claudius I
119 Provisos
120 Refrain bit
121 Title for
Ringo Starr
as of 2018

celebrity
extra

by Dana Jackson

Q: I heard that actor Jeff Bridges was diagnosed with cancer. How is he doing? Is he done acting or will he continue while he fights the disease? -- H.B.

A: Jeff Bridges and his longtime wife, Susan, posted a very cute photo of themselves with their dog on Twitter, wishing everyone a Happy New Year. He had recently shaved his head and sported a red beret while wearing matching pajamas with Susan.

In October, the 71-year-old actor was diagnosed with lymphoma and began treatment. He's still working, at least as much as is permitted during the pandemic. His new project is the upcoming Hulu TV series "The Old Man," which is based on the novel of the same name by Thomas Perry. According to TV Guide, Bridges plays a "retired intelligence officer who becomes marked for death and is pulled into the world he left behind." It also stars John Lithgow ("The Crown") and Amy Brenneman ("Judging Amy"). With a cast like that, it's bound to be a hit, but no specific premiere date has been set.

Q: I saw a commercial for a new show that's similar to "America's Got Talent." I forget the name, but it had WWE star Cody Rhodes as one of the judges. Does this mean he's done wrestling? -- C.P.

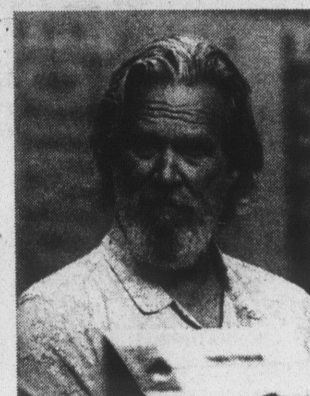
A: Cody Rhodes, a son of the legendary Dusty Rhodes, left the WWE in 2016 and later helped start the All Elite Wrestling league. He was still wrestling in the AEW in 2020, but now, at age 35, Cody's body might be telling him to slow down.

The new "Go-Big Show" is part of TBS' Thursday night lineup, and while it appears similar to NBC's "America's Got Talent," it's more extreme and, as its name implies, big, with acts that involve monster trucks, alligator wrestlers, tightrope walkers and fire breathers.

Joining Rhodes at the judges' table are rapper Snoop Dogg, actress Rosario Dawson ("The Mandalorian") and singer Jennifer Nettles. It features a socially distant, drive-thru audience cheering on the competitors as they vie for a \$100,000 prize.

Q: Where have I seen the actor who plays the male lead in the new sitcom "Bob Hearts Abishola"? Was he a stand-up comedian? He looks very familiar. -- Y.A.

A: Billy Gardell plays Bob in "Bob Hearts Abishola." He is a stand-up comedian and has been on "The Tonight Show" and "Jimmy Kimmel Live."



JEFF BRIDGES

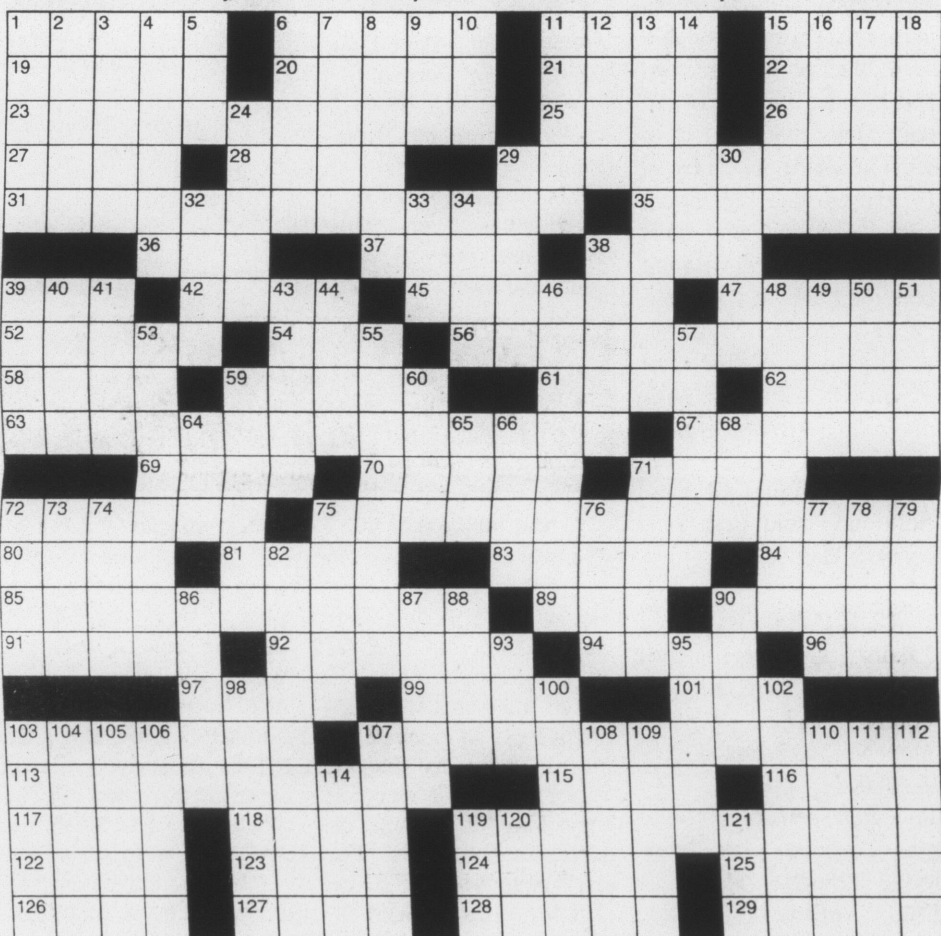
Gage Skidmore photo

ola," the CBS sitcom produced by the very successful Chuck Lorre ("Two and a Half Men," etc.), and he's probably triggering some deja-vu because he starred for six seasons in another CBS sitcom, "Mike & Molly." Before his successful television career, he was a stand-up comedian from Pennsylvania.

"Bob Hearts Abishola" actually is not new. It's in its second season, but has been heavily promoted in recent months. Gardell plays a successful business owner who falls in love with his nurse, Abishola, played by Nigerian-born Folake Olofeyeku, who pursued her dream of being an actress after enrolling in the City College of New York.

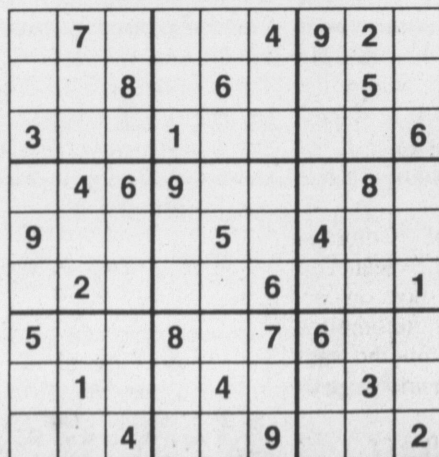
Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

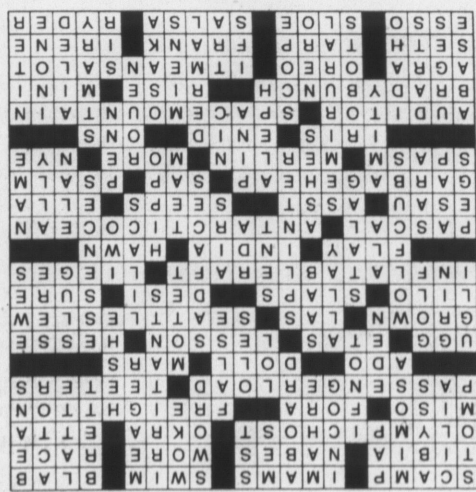
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange

answers

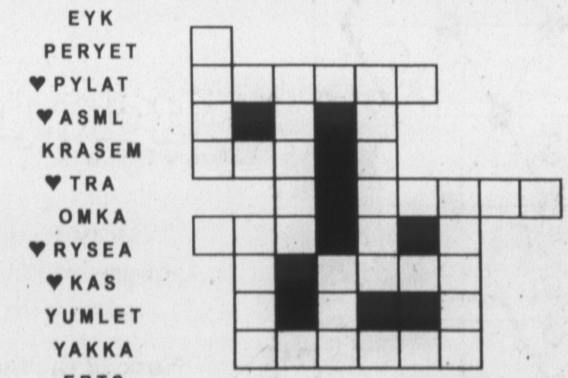
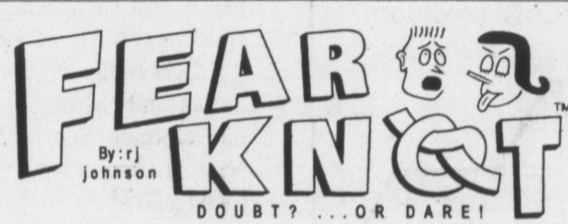
- | | | | | |
|-------------------|-------------------|-----------------|-------------------|-------------------|
| 1. Ballet, Ballet | 2. Stork, Store | 3. Tiger, Timer | 4. Pardon, Parton | 5. Switch, Twitch |
| 6. Prize, Pride | 7. Danger, Dagger | 8. Adopt, Adapt | 9. Lovely, Lovey | 10. Style, Stale |

Even Exchange by Donna Pettman

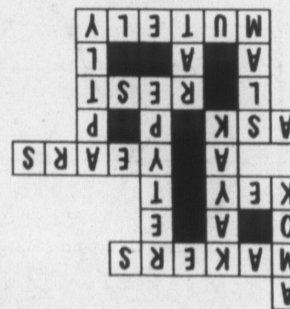
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|---------------|-------------------|---------------|
| 1. Graceful dance | _____ E _____ | Voting ticket | _____ O _____ |
| 2. Baby-bringing bird | _____ K _____ | Shopping place | _____ E _____ |
| 3. Tony the _____, e.g. | _____ G _____ | Stopwatch | _____ M _____ |
| 4. Forgive | _____ D _____ | Dollywood owner | _____ T _____ |
| 5. Trade places | S _____ | Involuntary spasm | T _____ |
| 6. Blue ribbon, e.g. | _____ Z _____ | Lion's group | _____ D _____ |
| 7. Peril | _____ N _____ | Stiletto | _____ G _____ |
| 8. Take as one's own | _____ O _____ | Settle in | _____ A _____ |
| 9. Perky | _____ I _____ | Beautiful | _____ O _____ |
| 10. Manner of dress | _____ Y _____ | Past its best | _____ A _____ |

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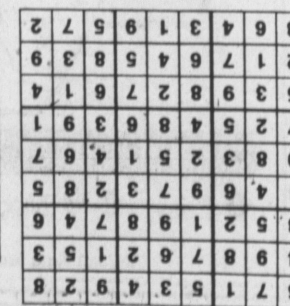


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNIGHT
answer

Weekly SUDOKU

Answer

J
A
N1
42
0
2
1

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



"This one's _____."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Creak
ORGAN

Wild
FLARE

Lone
LOSE

Blunt
CREDIT

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	6	2	5	1	1
5	6	4	5	1	2
3	6	1	4	6	2
1	4	5	2	5	6
2	5	6	4	4	4
2	5	3	1	2	4

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Emergency Help For Hungry Pets

DEAR PAW'S CORNER:

So many people are out of work right now, and there is little to no assistance available to them just to pay rent, much less buy food for themselves. I am wondering, how will people be able to feed their pets in this desperate situation? -- *Jamie G., Atlanta*

DEAR JAMIE: One of the bright spots in this pandemic is the way that individuals have responded to help each other and fill the needs of tens of thousands -- maybe millions -- of pets.

Shelters in many parts of the country have opened or expanded food pantries for pets to help owners keep their dogs and cats healthy and fed. Napa County, California, for example, transformed two empty shipping containers into a community pet pantry

offering free supplies this summer. (Search for "Napa County's new pet pantry" to learn more.)

In Tuscon, Cody's Friends, a charity started in 2010 by a 10-year-old boy, has seen a huge surge of demand for pet food and is distributing to area shelters and clinics as fast as possible (<https://codysfriends.org>). And in North Carolina, the Davidson County Animal Alliance extended its holiday pet food collection drive because there was so much need.

If you are struggling to pay for pet food for any reason, contact your local shelter first and ask if there is a pet food program available. You may not be able to pick up food directly from a shelter; it may be distributed at a different location. Contact local food banks, churches and municipal offices. And of course, search online or on Facebook for these services as well.

Also, if you've been waiting to donate food, pet supplies or cash to a local shelter or charity, now is your moment to shine.

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TOP TEN VIDEO, DVD for release week of Jan. 11, 2021

Video on Demand

1. The War with Grandpa (PG) Robert De Niro
2. The Croods: A New Age (PG) animated
3. Home Alone (PG) Macaulay Culkin
4. Love Actually (R) Hugh Grant
5. The Grinch (PG), animated
6. Home Alone 2: Lost in New York (PG) Macaulay Culkin
7. Unhinged (R) Russell Crowe
8. The Santa Clause (PG) Tim Allen
9. Fatman (R) Mel Gibson
10. Miracle on 34th Street (PG) Richard Attenborough

DVD, Blu-ray Sales

1. Tenet (PG-13) Warner Bros.
2. National Lampoon's Christmas Vacation (PG-13) Warner Bros.
3. A Christmas Story (PG) Warner Bros.
4. Elf (PG) Warner Bros.
5. The Polar Express (G) Warner Bros.
6. The Grinch (PG) Universal
7. Home Alone (PG) 20th Century
8. Yellowstone: Season 3 (TV-MA) Paramount
9. Mulan (PG-13) Disney
10. Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.

Source: [Comscore/Media Play News](https://www.comscore.com)

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Hitori answer

4	2	1	3	5	2
4	4	4	4	9	2
6	5	2	5	6	1
2	4	6	1	4	3
2	5	1	5	1	2
1	5	2	6	9	5

FASTER
Today's Word
3. Sole; 4. Direct
1. Groan 2. Feral
solution
SCRAMBLERS

FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

A cold front is moving across my living room — snow, ice and everything (sometimes not so) nice. Winter weather can be quite dramatic, but also playful, romantic, nostalgic and scary! Here are nine movies that bring winter into the story in very different ways, playing up the many facets of this seasonal gift.

Comedy: Groundhog Day — A narcissistic weatherman, Phil (Bill Murray), goes on assignment in Punxsutawney, Pennsylvania, and cannot escape. He's forced to live the same day — Feb. 2 — over and over again until he gets it right.

Action: The Day After Tomorrow — An instantaneous ice age cannot stop a geologist (Dennis Quaid) from rescuing his college-age son (Jake Gyllenhaal) who's stuck above the freeze line. To get there, he'll cross a frozen landscape on foot, if necessary. (Spoiler alert: It's necessary.)

Horror: The Shining — Jack Nicholson is terrifying as a writer who takes his family to a remote Colorado resort to live as off-season caretakers. With winter closing in and a psychically sensitive son, it's hard to tell who's more haunted: the resort or the writer.

Western: The Revenant — Mauled by a bear, his son killed, then left for dead, Hugh Glass (Leonardo DiCaprio, in an Oscar-winning performance) claws his way back through a wild and unforgiving climate to seek vengeance on the man who did him wrong.

Romance: The Holiday — Two women trade houses at Christmas-time, each having sunk to the depths of heartbreak. One, a movie-trailer maven from LA (Cameron Diaz); the other, a writer from merry old England. You think they'll find love and a healthier self-view? You betcha!

Animated: Frozen — Queen Elsa's magical gift is delicate enough to build a snowman (we love you, Olaf!) and disastrous enough to unleash permanent winter in Arendale. When she runs off to an ice castle in the mountains, her plucky, dedicated sis Anna enlists the local ice salesman as a guide and follows her, determined to heal Elsa's frozen heart.

Thriller: Wind River — Jeremy Renner and Elizabeth Olsen star in this thriller about a Fish and Wildlife officer and an FBI agent investigating the death and sexual assault of an indigenous woman on an impossibly cold reservation in Wyoming.

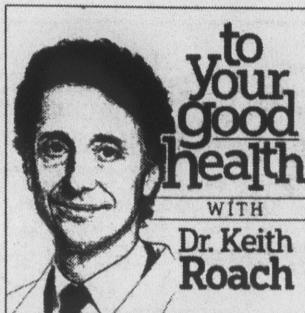


Scene from "Frozen"

Drama: Titanic — OK, yes, the Titanic set sail in spring (April), but a frozen mass definitely played a significant role in its demise. Leonardo DiCaprio and Kate Winslet play ill-fated lovers — one low born and one high-brow — on a voyage to America on the Unsinkable Ship.

Fantasy: The Chronicles of Narnia: The Lion, The Witch and The Wardrobe is set in winter — thanks to the terrible White Witch, who has cursed the land of Narnia to 100 years of snow and ice. Four siblings unexpectedly stumble into the kingdom through a door in a wardrobe, and must partner with mighty lion Aslan to regain control of the land and end winter.

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Office Test Alone Can't Diagnose COPD

DEAR DR. ROACH: I am a healthy 70-year-old woman. The only prescription medication I take is for dry eyes. I recently visited my new primary physician for the first time, and she had me do a breathing test, where I exhaled into a tube to measure airflow. I was told to breathe deeply and exhale completely into the tube three times in succession. It took less than a minute to complete. It is apparently a routine test she orders for new patients.

She then told me I have COPD, on the basis of that test alone. She asked if I had ever smoked or been exposed to secondhand smoke. That was her only question — coughing or shortness of breath was never mentioned. I have never smoked, but my father was a smoker when I was growing up. I actually do have a slightly productive cough most mornings. I probably walk about 10 miles a week, and I do notice some shortness of breath on long uphill sections, though I can walk briskly in level areas for miles with no problem.

She said it is not advanced enough to require an inhaler at this time. I am bothered by this very easy "diagnosis" on the basis of one simple test. I wonder if I should ask to be referred to a pulmonologist for a more thorough evaluation. — O.P.

ANSWER: The test your doctor performed is called office spirometry, and it is useful for monitoring known pulmonary diseases, especially COPD and asthma. However, by itself, it is inadequate to make the diagnosis of COPD, which I am not sure you have.

The diagnosis of COPD is made in people with persistent

respiratory symptoms, usually shortness of breath or coughing. Spirometry will usually show obstruction to airflow. Formal pulmonary function testing, which is an extensive process taking an hour or so with a skilled and experienced technician, is ideal for determining severity.

The problem with getting a breathing test in someone who has no significant symptoms is that you can find someone whose test results are at or just below the lower limit of normal, and the diagnosis is unclear. The prognosis for people with mild airway obstruction but with no symptoms of COPD is much better than for people with COPD and who continue to smoke. For this reason, using spirometry as a screening test for everyone is not recommended.

Without knowing the exact results of your spirometry, I suspect you do not have COPD, given your absence of smoking and your extremely mild symptoms. A comprehensive exam by a pulmonologist would be definitive and may help you be less anxious about the results you have now..

DEAR DR. ROACH: I saw your recent column on enlarged prostate, and I have the same problem. I have no history of cancer, but I do have a high PSA and symptoms of frequent urination. Because of other medications, I cannot take ibuprofen, so I am curious if Tylenol has the same anti-inflammatory effect. I do occasionally use Tylenol for headaches and arthritis pain. — J.B.

ANSWER: The exact mechanism of how Tylenol reduces pain remains a mystery. However, it is not an anti-inflammatory drug like ibuprofen, so would not be expected to have the benefit in prostate symptoms that some men get from taking an ibuprofen at bedtime.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy

by Healthy Exchanges

Creamed Celery and Peas

Usually vegetable dishes get no respect. Kids and husbands often say, "Thanks, but no thanks" unless it's french fries. But we're betting this ultra-easy veggie dish will get remarks more like, "Wow, this is good! When can we have this again?"

- 1 1/2 cups finely chopped celery
- 1 (2-ounce) jar chopped pimiento, undrained
- 2 cups frozen peas, thawed
- 1/3 cup fat-free sour cream
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often.

2. Add sour cream and parsley flakes. Mix well to combine. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.

• Each serving equals: 80 calories, 0g fat, 5g protein, 15g carb., 148mg sodium, 4g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable.

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- Who wrote and released "Papa's Got a Brand New Bag"?
- Name the artist who originally released "Long Tall Sally."
- Where did Mungo Jerry get their name?
- Who was the lead singer for "Love Grows (Where My Rosemary Goes)"?
- Name the song that contains this lyric: "Listen boy, it's not automatically a certain guarantee. To insure yourself you've got to provide communication constantly."

Answers

- James Brown, in 1965. The versions in the single and in the 1991 box set aren't the same. The box set version was as written, while the single version was speeded up.
- Little Richard, in 1956. The song was so up-tempo that he had to practice to fit all the words in, building up more speed.
- They took their name from a T.S. Eliot poem "Mungojerrie and Rumplestiltskin" in the "Old Possum's Book of Practical Cats."
- Tony Burrows. He has a long history of fronting different bands, sometimes simultaneously.
- "Tell Her About It," by Billy Joel, 1983. The song encourages a boy to tell his lady love how he feels, while he has the chance. The song appeared on the album "An Innocent Man."

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THORN	H	THORN
LATER	S	ALTERS
REACH	I	ARCHIE
TIDES	F	SIFTED
BRAVE	D	ADVERB
ROBED	L	BOLDER
PARES	O	OPERAS
TREAT	G	TARGET

Answer

Contract Bridge

EXACTLY THE RIGHT MEDICINE

North dealer.

North-South vulnerable.

NORTH		EAST	
♦ A J 9 4		♦ 5 3 2	
♥ —		♥ K 8 6 5 2	
♦ K Q J		♦ A 6 4 3	
♣ 10 9 8 6 3 2		♣ 4	
WEST		SOUTH	
♦ 7		♦ K Q 10 8 6	
♦ A 10 9 3		♥ Q J 7 4	
♦ 10 9 8 5 2		♦ 7	
♣ Q 7 5		♣ A K J	

The bidding:

North	East	South	West
1 ♣	Pass	1 ♠	Pass
3 ♠	Pass	6 ♣	

Opening lead — ten of diamonds.

The value of a 4-3-3-3 hand is usually not hard to determine. The high-card point count generally tells the story.

The real difficulty in evaluating a hand properly rises in proportion to its freakishness. Hands with wild distribution do not lend themselves well to accurate evaluation. The excellence of a fit with partner's hand, or the absence of it, becomes the determining factor.

For example, North's hand, with only 11 high-card points, has a very imprecise value when the auction begins. But

its value increases tremendously when partner responds one spade. Whether it's worth a jump to three spades is debatable, but the slam contract turns out to be quite reasonable.

East won the diamond lead and returned a trump, taken by South. One possible line of play was to ruff three hearts in dummy and discard a heart and the jack of clubs on dummy's two high diamonds. But this would require a 2-2 club division.

Alternatively, South could draw the missing trumps and, if they did not break 2-2, rely on the clubs to be divided favorably. But another method of play, the one chosen by South, had a much better chance to succeed.

He cashed the ace of clubs, led a spade to the nine and then discarded the J-K of clubs on the K-Q of diamonds! Next he ruffed a club, led a third round of trump to the jack and ruffed another club with his last trump.

By this time, dummy had the only remaining trump together with three good clubs, so South had the rest of the tricks.

Just about all declarer's plan required for success was a normal 3-1 or 2-2 trump division, together with a normal 3-1 or 2-2 club division. Discarding the K-J of clubs may appear to be overly fancy, but it was the right thing to do under the circumstances.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHICH FISH COST A LOT OF MONEY?

TARGET	—	TREAT	SIFTED	—	TIDES
OPERAS	—	PARES	ARCHIE	—	REACH
BOLDER	—	ROBED	ALTERS	—	LATER
ADVERB	—	BRAVE	THORNS	—	SNORT

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Puzzles4Kids

Sugar, spice and everything nice from Ginger Betty's Kitchen

With Ginger Joy in my heart... Sugar and Spice in my soul...It is with Gumdrops Gratitude that I say ...THANK U THANK U THANK U, to each one of my Ginger Betty Babes and Boys, and a special heartfelt THANK U to Sidewalk Santa!!! You've all been a sweet ingredient in Ginger Betty's 25th season!

With Tootsie Roll Taylor (22) and Ginger Alexis (19) pulling the sleigh...this crazy Christmas season proved to be more magical, meaningful and joyful!!! Steeped with lots of tradition and built on more than gumdrops and gingerbread...the American dream was alive and well! By sharing the flavor of freedom, Team Ginger Betty's showed America what it's like to never give up and how to keep creating miles of smiles especially during tough cookie times.

A special thanks to everyone else who's helped make this season a sweet success!

Looking forward to a happy and very merry 2021!!! Please remember to stay healthy and sweet...and don't forget to practice your cookie kindness by sharing Ginger Betty's Cookie Breaks with friends, family and Frontline Supa-Heros!

If you're looking for gifts in a snap, we'll be shipping and delivering for your gift giving needs!

Lots of Love! Peace! and Ginger Joy to the World!!!

Your friend Ginger Betty!

XO



In celebration of our 25th Anniversary, we're giving away
25 Ginger Betty University Scholarships!

Winners will get a peek behind the scenes of Ginger Betty's kitchen and experience the magic of gingerbread. Visit gingerbettys.com for details.



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J
A
N

1
4

2
0
2
1